




### Product Spotlight: Chilli


While humans can react to capsaicin, the compound in chilli that creates heat, birds are completely immune to it. That is why birds help spread wild chilli to different parts of the world, by consuming it and fertilising the seeds.



## 3 Thai Tofu Salad with Bean Thread Noodles

A zesty Thai salad with bean thread noodles, fresh mint, crunchy cucumber and roasted cashews, all tossed with a punchy chilli lime dressing.

 30 minutes

 4 servings

 Plant-Based

5 October 2020

*Spice it up!*

*Add some fresh coriander,  
roasted peanuts or fried shallots  
to the salad if you have some!*

Per serve: **PROTEIN** 21g **TOTAL FAT** 18g **CARBOHYDRATES** 50g

## FROM YOUR BOX

BEAN THREAD NOODLES	1 packet (100g)
RED CHILLI	1
LIME	1
MINT	1/2 bunch *
TOMATOES	2
CARROTS	2
CONTINENTAL CUCUMBER	1/2 *
MESCLUN LEAVES	1/2 bag (100g) *
SWEET CHILLI TOFU	2 packets
CASHEWS	1/2 packet (40g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil (see notes), soy sauce (or tamari), sugar (of choice)

## KEY UTENSILS

frypan, saucepan

## NOTES

Use sesame oil or a neutral oil such as grape seed oil for the dressing.

The tofu is ready to eat and can be added to the salad cold if preferred.



### 1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles to boiling water and simmer for 2 minutes, or until cooked al dente. Drain and rinse in cold water.



### 2. PREPARE THE DRESSING

Deseed and chop chilli. Combine with lime zest and juice, **2 tbsp soy sauce**, **2-3 tsp sugar** and **2 tbsp oil**.



### 3. PREPARE THE SALAD

Roughly chop mint leaves. Wedge tomatoes, ribbon carrots with a vegetable peeler and slice cucumber. Set aside with mesclun leaves.



### 4. WARM THE TOFU

Heat a frypan over medium-high heat with **oil**. Slice tofu and add to pan. Cook for 3-4 minutes until heated through.



### 5. FINISH AND PLATE

Toss tofu with noodles, salad and dressing until well combined. Divide among bowls and garnish with chopped cashews.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

