



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lemongrass

To prepare your lemongrass, cut in half lengthways and remove the core. Bash with the end of your knife to release the perfumes before chopping. This will release more flavour!



2 Tofu Larb Noodles

A family favourite Thai dish with fragrant lemongrass tofu, fresh veggies, mint and zesty lime dressing.



30 minutes



4 servings



Plant-Based

15 June 2020

Spice it up!

Add fresh chilli or some chilli sauce to the dressing for extra heat. For a more adventurous and punchy flavour, grate fresh ginger into the tofu or use kaffir lime leaves if you have any!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	11g	70g

FROM YOUR BOX

NOODLES	1 packet
LIME	1
GARLIC	2 cloves
MINT	1/2 bunch *
GEM LETTUCE	2 *
CARROTS	2
BEAN SHOOTS	1 bag (250g)
LEMONGRASS STALK	1
SPRING ONION	1/4 bunch *
FIRM TOFU	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), sugar (of choice)

KEY UTENSILS

frypan, saucepan

NOTES

Use sesame oil for the dressing if you have some. Coconut oil also works well for cooking the tofu.

Stir fry the bean shoots and carrot with the tofu mince if you prefer a warmer dish.



1. COOK THE NOODLES

Bring a saucepan of water to the boil and cook noodles for 2–3 minutes, or until just tender. Drain and rinse in cold water.



2. PREPARE THE SAUCE

Zest the lime and set aside (for tofu). Crush 1 garlic clove. Combine with lime juice, **2 tbsp soy sauce**, **3 tsp sugar** and **2 tbsp oil** (see notes). Set aside.



3. PREPARE THE SALAD

Pick mint leaves and separate lettuce leaves (roughly chop if preferred). Julienne or ribbon carrots. Set aside with bean shoots.



4. COOK THE TOFU

Finely chop lemongrass (see product spotlight overleaf) and slice spring onions. Add to a pan over medium–high heat with **oil**. Crumble in tofu, crush in 1 garlic clove and add lime zest. Cook for 5 minutes until cooked through. Season with **soy sauce** and **pepper** to taste.



5. FINISH AND PLATE

Divide noodles, salad and tofu larb among plates. Spoon over dressing to taste.

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**

