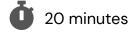**DINNER TWIST**
LOCAL, HEALTHY, DELIVERED

J2 Marinated Silken Tofu
with Asian Slaw

Soft, silky tofu marinated in GH produce Asian dressing, chilli and lime. Paired with Asian greens slaw with the added sweetness of nectarines.

Mix it up!

Instead of making a slaw you can halve and cook the bok choy with some sesame oil, or slice and stir fry with the carrot and spring onions. Add some ginger and garlic. Finish with a little soy sauce and pepper.

🕐 20 minutes   🍴 2 servings   🌱 Plant-Based

11 February 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	11g	19g	67g

FROM YOUR BOX

BEAN THREAD NOODLES	100g
SPRING ONIONS	4
RED CHILLI	1
LIME	1
ASIAN DRESSING	1 bottle (100ml)
SEMI SILKEN TOFU	1 packets (250g)
BOK CHOY	2 bulbs
CARROT	1
NECTARINE	1

FROM YOUR PANTRY

sesame oil, vinegar of choice (we used white wine), salt, pepper

KEY UTENSILS

saucepan

NOTES

Run the noodles under water to separate and cut with scissors for easy serving.

You can use the chilli to taste, remove the seeds if desired or just use at the end as a garnish.

Serve with soy sauce and/or chilli oil if desired.

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 (see notes).

2. MAKE THE MARINADE

Thinly slice 2 spring onions and dice 1/2 chilli (see notes). Zest lime to yield 1 tsp. Mix together with dressing and **1 tbsp sesame oil.**

3. PREPARE THE TOFU

Gently tip tofu onto paper towel or a clean tea towel. Blot carefully to remove excess liquid. Slice into cubes and place onto a deep plate or into a bowl. Spoon over marinade and leave to the side.

4. MAKE THE SLAW

Thinly slice bok choy and remaining spring onions. Julienne or grate carrot and slice nectarine. Toss together in a bowl with **1/2 tbsp sesame oil, 1/2 tbsp vinegar, salt and pepper.**

5. FINISH AND SERVE

Slice remaining chilli and wedge lime.

Divide noodles between bowls, add slaw and top with tofu. Spoon over marinade to taste and garnish with chilli and a lime wedge (see notes).