



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lebanese cucumbers

Lebanese cucumbers are low in kilojoules and contain vitamins C, A and B6. Nutritionally, their value is in their trace elements, including sodium, potassium and folacin.



J2

Ozzie BBQ Tofu Steaks

with Potato Rounds and Tomato Salad

GH Produce Ozzie BBQ seasoning gives the tofu steaks a great flavour and adds to the coconut yoghurt sauce, served with crispy potato rounds and a simple tomato, cucumber and capsicum salad.



30 minutes



2 servings



Plant-Based

30 September 2022

Make kebabs!

Dice the tofu, tomato and capsicum.

Toss with spice mix and oil. Thread onto skewers and cook on the barbecue.

Serve with the potatoes, diced cucumber and sauce.

Per serve: **PROTEIN** 38g **TOTAL FAT** 37g **CARBOHYDRATES** 76g

FROM YOUR BOX

POTATOES	400g
FIRM TOFU	1 packet
BARBECUE SEASONING	1 packet (30g)
COCONUT YOGHURT	1 tub (125 ml)
TOMATOES	2
LEBANESE CUCUMBER	1
GREEN CAPSICUM	1
SHALLOT	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, maple syrup

KEY UTENSILS

large fry/grill pan, oven tray

NOTES

If preferred, you could put the tofu on a lined oven tray and bake for 10 minutes.



1. ROAST THE POTATOES

Set oven to 250°C.

Cut potatoes into 1-2 cm rounds. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20-25 minutes until golden and crispy. Turn halfway through cooking time.



2. MAKE THE STEAKS

Cut tofu into slices. Mix together with **1 tbsp barbecue seasoning, 1 tsp maple syrup** and **2 tbsp oil**. Rub over tofu and leave to the side.



3. MAKE THE SAUCE

In a bowl mix together **1 tsp barbecue seasoning, yoghurt, 1 tsp vinegar, salt and pepper**.



4. MAKE THE SALAD

Dice tomatoes, cucumber and capsicum. Thinly slice shallot (use to taste). Toss together in a bowl with **2 tsp olive oil, 1 tsp vinegar, salt and pepper**.



5. COOK THE TOFU

Heat a fry/grill pan over medium-high heat with **oil** (see notes). Add tofu slices and cook for 2-3 minutes each side until golden.



6. FINISH AND SERVE

Serve potatoes, salad and tofu steaks onto plates. Add sauce 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**

