



Product Spotlight: Green Beans

Green beans are full of cholesterol-lowering soluble fibre as well as vitamins and minerals for healthy eyes and bones!



3 Japanese Curry Platter with Crumbed Tofu

A homemade Japanese-style curry sauce, served on a dipping platter with roasted vegetables and tofu.

 30 mins

 2 servings

 Plant-Based

18 June 2021

Switch it up!

Make this dish a one-pot wonder; make the curry sauce, add in an extra cup of water. Cut up all your vegetables, add them to the curry, cook until tender, add in cubes of tofu. Serve over rice.

Per serve: **PROTEIN** 33g **TOTAL FAT** 15g **CARBOHYDRATES** 120g

FROM YOUR BOX

SWEET POTATO	400g
DUTCH CARROTS	1 bunch
SHALLOT	1
CARROT	1
CORN FLAKES	1 packet (100g)
FIRM TOFU	1 packet
GREEN BEANS	1 bag (150g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder, flour (of choice), 1 stock cube, raw sugar (or sweetener of choice)

KEY UTENSILS

large frypan, saucepan, oven tray, kettle

NOTES

Curry powders can differ in flavour and spice levels so start with a smaller amount if you're worried about spiciness, and increase to taste.

For best results, blend sauce to a smooth paste using a stick mixer.

You can crush the corn flakes by hand or pulse them in a food processor for a finer texture.



1. ROAST THE VEGETABLES

Set oven to 220°C. Cut the sweet potato into rounds, trim and scrub dutch carrots. Arrange on a lined oven tray. Coat with **oil**, season with **salt and pepper**. Roast for 15–20 minutes until cooked through.



2. MAKE THE CURRY SAUCE

Heat a saucepan over medium-high heat with **oil**. Slice shallot, grate carrot, add to pan as you go, cook stirring for 3 minutes. Add **2–3 tsp curry powder**, **1 tbsp flour**, **2 tsp sugar and crumble in stock cube**. Whisk in **2 cups water** and simmer uncovered for 10 minutes (see notes).



3. CRUMB THE TOFU

Crush the corn flakes (see notes) and add to a bowl. Cut the tofu into thick slices, coat in **oil** and cover in the crushed corn flakes.



4. COOK TOFU

Heat **oil** in a frypan over medium-high heat. Add tofu and cook for 3–4 minutes each side.



5. BLANCH GREEN BEANS

Boil the kettle. Trim green beans and halve them. Add to a bowl with boiled water from kettle and blanch for 1–2 minutes. Drain the water.



6. FINISH AND PLATE

Place all the vegetables on a platter, with tofu and the curry sauce in a bowl.

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

