

DINNERLY



⚡ FAST

🍏 HEALTHY

Charred Tofu Salad with Broccoli, Radish and Lime

🕒 20-30 minutes 🍴 2 Servings

If you're looking for good-for-you food, then here's your ticket. There's protein-rich satay tofu, a good dose of calcium from the greens, plus brain-boosting peanuts – and flavour in spades!

WHAT WE SEND

- 1 head broccoli
- 1 lime
- 40g radish
- 200g peanut satay tofu ^{1,5,6}
- 70g baby spinach leaves
- 40g peanuts ⁵

WHAT YOU NEED

- vegetable oil
- soy sauce ⁶
- Australian honey

TOOLS

- medium saucepan
- fine grater
- small frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Peanuts (5), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 475kcal, Fat 35.6g, Carbs 9.2g, Proteins 24.5g



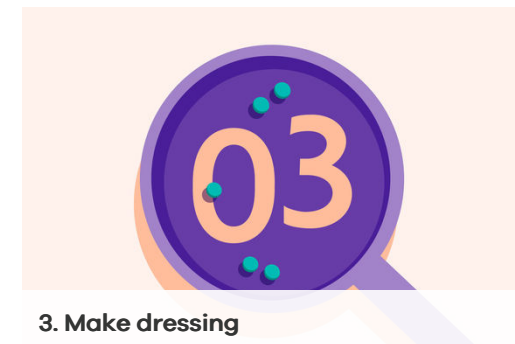
1. Prep ingredients

Bring a medium saucepan of salted water to the boil for the broccoli. Trim the **broccoli**, then cut into long florets. Finely grate the zest of **half the lime**, then juice the half. Cut the **remaining lime** into wedges. Thinly slice the **radish**. Cut the **tofu** into 2cm-thick strips.



2. Cook broccoli

Cook the **broccoli** in the pan of boiling water for 2-3 mins until tender. Drain, then cool under cold running water.



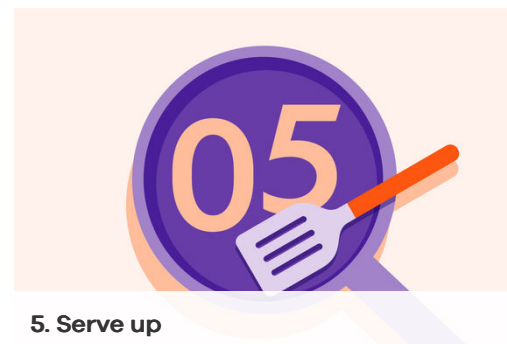
3. Make dressing

Put the **lime zest, juice, 1 tbs vegetable oil, 1 tbs soy sauce** and **2 tsp honey** in a large bowl, season with **pepper** and stir to combine.



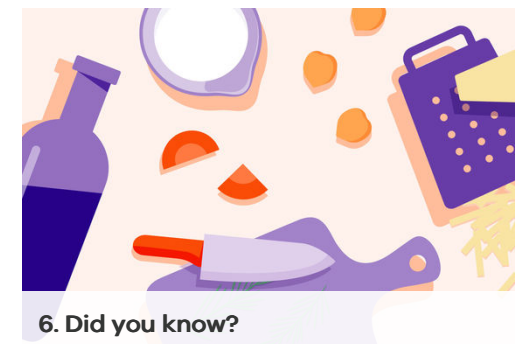
4. Char tofu

Heat **1 tbs vegetable oil** in a small frypan over high heat. Cook the **tofu** for 1-2 mins each side until warmed through and slightly charred.



5. Serve up

Add the **broccoli, radish** and **spinach** to the **dressing** and toss to combine. Coarsely chop the **peanuts**. Divide the **salad** among bowls, top with the **tofu**, and scatter over the **peanuts**. Serve with the **lime wedges** for squeezing over.



6. Did you know?

Peanuts aren't actually nuts, they're legumes (like lentils and peas), and they're very good for you. Yes, they're high in kilojoules (so don't stuff yourself with them) and rich in fat, but it's unsaturated fat, which helps lower bad cholesterol. Peanuts are a great source of protein and antioxidants, plus they help boost brain power too.