

SMOKY MEXICAN TOFU JUMBLE

with Charred Sweetcorn and Roasted Sweet Potato







Tofu, is produced from soy and is a great meat subsitute, containg all the essential amino aicds. Tofu is a great source of protein,







Hot Habanero Salsa





Lime

Vine Tomato





Coriander

Smoked Tofu



Sweetcorn



Mexican Spice



Diced Sweet Potato



Red Onion



30 mins



4.5 of your 5 a day





Balanced



Under 550 calories



Vegan

Light, flavoursome, protein-rich and quick to cook, our Mexican tofu jumble is a real weeknight winner. Smoked tofu, roasted sweet potato, charred sweetcorn, red onion and fresh tomato are combined in a delicious 'jumble' to form the delicious filling for the lettuce wraps that are served with wedges of fresh lime and a spicy habanero salsa. When stir-frying tofu, a fail-safe tip for perfectly crispy cubes is draining the tofu before you add it to your pan or wok, squeezing out as much of the moisture as possible without breaking it. Make sure you keep your pan as hot as possible and move the tofu around the pan quickly, so it doesn't burn.

BEFORE YOU START

Our fruit and veggies need a little wash before you use them! Make sure you've got a Baking Tray, Sieve, Kitchen Paper, Fine Grater and Large Frying Pan. Now, let's get cooking!



ROAST THE SWEET POTATO Preheat your oven to 200°C. Pop the **sweet** potato on a baking tray and drizzle on a splash of oil. Season with salt, pepper and half the **Mexican spice**. Rub the **flavourings** all over and roast on the top shelf of the oven until soft and golden, 15-20 mins. Turn halfway through cooking. Drain and rinse the sweetcorn using a sieve and pat dry with kitchen paper.



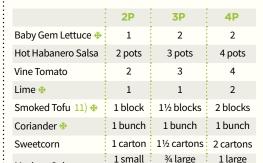
PREP TIME Halve, peel and thinly slice the red onion. Drain the **smoked tofu**, pat dry with kitchen paper. Chop into 1cm chunks. Keep to one side. Chop the **tomatoes** into small chunks and pop into a bowl. Season with a pinch of salt and grate in the zest of the lime. Roughly chop the **coriander** (stalks and all) and add half to the bowl with the tomatoes. Stir to combine and set to one side.



CHAR THE SWEETCORN Pop a large frying pan over high heat (no oil). Pop the **sweetcorn** into the pan with a large pinch of salt. Cook, stirring frequently, for 3-4 mins until slightly charred and starting to pop. Tip into a new, empty bowl and set aside. Wipe out the pan. Heat a splash of **oil** in your now empty frying pan over medium-high heat. When hot, add the tofu and cook, stirring frequently until starting to colour, 3-5 mins.



FINISH AND SERVE Divide the **lettuce leaves** between your the jumble on top of your **lettuce** and finish Drizzle the **habanero salsa** over the top and serve the **lime wedges** alongside. **Enjoy!**



pot

1 small

pack

pot

1 medium

pack

1½

pot

1 large

pack

INGREDIENTS

* Store in the Fridge

Diced Sweet Potato

Mexican Spice

Red Onion *

NUTRITION FOR JNCOOKED INGREDIENT	PER SERVING 618G	PER 100G
Energy (kJ/kcal)	1764 /422	286 /68
Fat (g)	13	2
Sat. Fat (g)	2	1
Carbohydrate (g)	53	9
Sugars (g)	22	4
Protein (g)	22	4
Salt (g)	2.89	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

11) Sova



SPICE UP THE TOFU SALAD! Once the **tofu** has coloured, add the **red** onion and remaining Mexican spice, stir and cook until the onion is soft, 5-6 mins. Season with **salt** and **pepper** and remove from the heat. Meanwhile, trim the root from the baby **gem lettuce** then separate the **leaves**. Chop the **lime** into wedges. Have a quick tidy up while you have time.



JUMBLE TIME When the **sweet potato** is ready, add it to the frying pan along with the **sweetcorn** and mix into the **tofu** and **onion**. Return to a medium heat stirring carefully until everything is piping hot, 2-3 mins. Remove from the heat and stir through the chopped tomato, juices and all!

plates, arranging them in a single layer. Spoon with a sprinkling of the remaining **coriander**.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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