



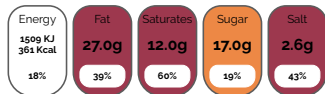
Roasted broccoli, sesame & soy tofu, baby gems & coconut

WAYS  WELL

Roasted broccoli, sesame & soy tofu, baby gems & coconut



Per Average Serving



Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 361Kcal/1509kJ.

INGREDIENTS (serves 4)

15g ginger	1-2 spring onions	450g broccoli
2 sticks lemongrass	400g coconut milk	175g red pepper
3-4 garlic clove	50ml water	225g baby gem
½ red chilli	50g palm sugar	2g fine salt
1 lime	5g Chinese five spice	
25g coriander	50ml sesame oil	
25g sesame seeds	75ml soy sauce	
25g coconut chips/flakes	200g firm tofu	

METHOD:

1. Peel and roughly chop the ginger. Roughly chop the lemongrass and garlic. Finely chop the chilli. Zest and juice the lime. Pick coriander leaves and finely chop the leaves and stalks, keeping them separate. Separately toast the sesame seeds and coconut in the oven or a dry pan till golden. Wash and slice spring onions.
2. For the coconut sauce (Tom Kha); In a saucepan combine the coconut milk, ginger, garlic, lemongrass, half the chilli, coriander stalks, zest and juice of half a lime, 50ml of water and 30g palm sugar, bring to the boil and simmer 30 mins or until the sauce is thick. Remove from heat, cover and leave the sauce to infuse. Pass through a fine sieve when needed.
3. For the vegetable dressing; Combine remaining zest and juice of lime, half the chilli, 20g palm sugar, Chinese five spice, sesame oil and soy sauce. Mix and leave in a warm place for the palm sugar to break down.
4. For the tofu; Cut into 2cm dice and marinate in the half of the dressing. Leave in the marinade overnight or for a couple of hours.
5. Prep the broccoli, peel the stem and cut into 4s or 8s and blanch. Cut the peppers into 8, cut the little gems into 4 and wash. Cover the vegetables with the rest of the dressing.
6. Preheat oven to 260°C. Place the vegetables on a lined baking tray and repeat with the tofu. Roast for 5-6 mins until they are cooked and charred.
7. To serve; Spoon half the coconut sauce on the bottom of the dish. Place the vegetables on top, sprinkle over the toasted coconut and sesame, spring onions and coriander leaves