

Make peppers the star with this Jamie Oliver veggie dish

The concept behind Jamie Oliver's new cookbook, *7 Ways*, is to take staple ingredients we already have in the cupboard and elevate them to new heights.

He champions 18 'hero' ingredients and provides a week's worth of recipes for each – that are likely to stretch your culinary imagination slightly. Think Bombay jacket spuds, crispy sweet and sour salmon, a prawn toast toastie, and a steak sandwich, Japanese-style.

This mid-week meal for two the book makes tofu the star of the show and is a veggie delight.

7 Ways by Jamie Oliver is published by Penguin Random House. Photography: Levon Biss.



INGREDIENTS

SERVES 2

Total time: 25 minutes

- 1 x 220g tin of pineapple rings in juice
- 280g extra firm tofu
- 2 mixed-colour peppers
- Olive oil
- 4 spring onions
- 4 cloves of garlic
- 90g rice vermicelli noodles
- 20g wasabi peas
- 2 heaped teaspoons red miso paste

METHOD

1 Place the pineapple rings (reserving the juice) in a large dry non-stick frying pan on a medium heat. Cut the tofu into four chunks and add to the pan. Let it all gently char for 4 minutes, then turn, char on the other side and remove, leaving the pan on the heat. Deseed the peppers, chop into 2cm chunks and place in the pan with $\frac{1}{4}$ a tablespoon of olive oil, then

reduce to a medium-low heat.

2 Trim the spring onions, chop the white halves into 2cm lengths and add to the pan, reserving the green tops. Peel, finely slice and add the garlic, then cook it all for 10 minutes, or until soft and charred, stirring regularly. Meanwhile, finely slice the green halves of the spring onions. In a heatproof bowl, cover the noodles with boiling kettle water.

3 In a pestle and mortar, pound the wasabi peas until fine.

4 Mix the miso paste into the reserved pineapple juice, then pour into the pepper pan with a splash of water. Let it sizzle for a minute, then return the tofu and pineapple to the pan to glaze. Drain the noodles, divide between your plates and spoon over the sticky miso peppers, followed by the tofu and pineapple.

5 Sprinkle with the sliced green spring onion and crushed wasabi peas, then tuck right in.



Energy: 459kcal

Fat: 12g

Sat fat: 2.1g

Protein: 18.4g

Carbs: 68.2g

Sugars: 25.2g

Salt: 1.5g

Fibre: 4.7g