



Everything
But The Chef

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hello@hellofresh.com.au | 02 81 888 722

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Vietnamese Tofu Salad

Perhaps you've felt it in the air- the chill is subsiding, the sun is shining, and all this can only mean one thing; Spring is just around the corner! To celebrate, we've whipped up this moreish Vietnamese tofu salad with crunchy veggies, silky noodles and fragrant herbs. A fresh feast to welcome back, Mr. Sun!



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1



vegan



lactose
free



gluten
free



spicy



Pantry Items: Olive Oil, Brown Sugar, Soy Sauce, Water



Spring Onions



Lime



Tofu



Vermicelli Noodles



Cashew Nuts



Carrot



Cucumber



Mint



Coriander



Long Red Chilli

2P	4P	Ingredients
1 bunch	2 bunches	spring onions
2 tsp	1 tbs	olive oil *
1 tbs	2 tbs	brown sugar *
1 tbs	2 tbs	soy sauce *
1	2	lime, juiced
½ block	1 block	firm tofu
⅓ packet	⅔ packet	vermicelli noodles
1	2	carrot, peeled & cut into matchsticks
1	2	cucumber, cut into half
½ bunch	1 bunch	mint, leaves picked
1 bunch	2 bunches	coriander, leaves picked
1	2	long red chilli, finely sliced
1 tbs	2 tbs	water *
¼ cup	½ cup	cashew nuts, coarsely chopped

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2510	Kj
Protein	26	g
Fat, total	19.8	g
-saturated	3.4	g
Carbohydrate	76.2	g
-sugars	18.7	g
Sodium	305	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chopping board, chef's knife, vegetable peeler, large heatproof bowl, scissors, cling wrap, medium frying pan and tongs.*

1 Finely chop the white part of the **spring onions**, reserving the green part. Place the chopped spring onion, **olive oil**, **brown sugar**, **soy sauce**, **lime juice** and a generous grind of **black pepper** in a medium bowl and stir until sugar dissolves. Set aside half of the marinade and add the **water** (this will become the salad dressing). Add the half block of **tofu** to the remaining marinade and rub to coat well. Cover with cling wrap and set aside to marinate for at least **20 minutes**. Now would be a good time to prep the **carrot**, **cucumber**, **mint**, **coriander** and **long red chilli**.



2 Meanwhile, place the **vermicelli noodles** in a large heatproof bowl and cover with boiling water. Sit for **5 minutes** to soften. Drain. Using kitchen scissors cut noodles into shorter lengths over the same bowl. Add the carrot, cucumber, mint, coriander and long red chilli. Slice the green part of the reserved spring onion and add to the bowl. Season the salad dressing with **salt** and pepper and drizzle over the noodles. Toss to coat well.



3 Heat a medium frying pan over a medium-low heat. Add the tofu (discard any remaining marinade) and cook, turning for **5 minutes** or until caramelised on each side. Cut into 1cm thick slices.

Tip: The marinade will cause the tofu to burn a little because of the sugar content. It adds to the flavour, but keep an eye on it so that it doesn't burn too much.

4 To serve, divide noodle salad between plates. Top with sliced tofu and sprinkle with chopped **cashew nuts**.



Did you know? Cucumber is believed to have originated in India 3000 years ago!