

Golden Sweet Chilli-Makrut Tofu & Pea Pod Salad

with Easy-Prep Pumpkin, Wombok & Crunchy Noodles

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Makrut Lime Leaves



Pea Pods



Mixed Sesame Seeds



Sweet Chilli Sauce



Ginger Paste



Firm Tofu



Cornflour



Shredded Wombok



Baby Spinach Leaves



Sesame Dressing



Crunchy Fried Noodles



Chicken Breast

Prep in: **20-30 mins**
Ready in: **30-40 mins**

Calorie Smart

Eat Me Early*
*Custom Recipe only

Firm tofu is the perfect canvas for bold Vietnamese-inspired flavours - like the unique citrusy and zesty flavours from makrut lime, which stands up well to the sweet chilli glaze in this fresh, colourful and textural dish.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce (or Gluten Free Tamari Soy Sauce)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|--|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| peeled & chopped pumpkin | 1 medium bag | 2 medium bags |
| makrut lime leaves | 2 leaves | 4 leaves |
| pea pods | 1 small bag | 1 medium bag |
| mixed sesame seeds | 1 medium packet | 1 large packet |
| sweet chilli sauce | 1 medium packet | 2 medium packets |
| ginger paste | 1 medium packet | 1 large packet |
| water* | 1 tbs | 2 tbs |
| soy sauce* (or <i>gluten free tamari soy sauce</i>) | 1 tbs | 2 tbs |
| firm tofu | ½ packet | 1 packet |
| cornflour | 1 medium packet | 1 large packet |
| shredded wombok | 1 medium bag | 1 large bag |
| baby spinach leaves | 1 small bag | 1 medium bag |
| sesame dressing | 1 large packet | 2 large packets |
| crunchy fried noodles | 1 packet | 2 packets |
| chicken breast** | 1 small packet | 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2605kJ (622Cal) | 426kJ (101Cal) |
| Protein (g) | 37.8g | 6.2g |
| Fat, total (g) | 26.1g | 4.3g |
| - saturated (g) | 3.5g | 0.6g |
| Carbohydrate (g) | 53.8g | 8.8g |
| - sugars (g) | 27.3g | 4.5g |
| Sodium (mg) | 873mg | 143mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2605kJ (622Cal) | 433kJ (103Cal) |
| Protein (g) | 44g | 7.3g |
| Fat, total (g) | 27g | 4.5g |
| - saturated (g) | 4.2g | 0.7g |
| Carbohydrate (g) | 49.8g | 8.3g |
| - sugars (g) | 27.3g | 4.5g |
| Sodium (mg) | 957mg | 159mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**. Allow to cool slightly.

TIP: If your oven tray is crowded, divide the pumpkin between two trays.

4



Cook the tofu

- When pumpkin has **5 minutes** remaining, place a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When oil is hot, shake excess **cornflour** off tofu, then cook **tofu**, turning occasionally, until golden, **5-7 minutes**. In the **last minute** of cook time, add **sweet chilli mixture** and cook until bubbling, **30 seconds**.

Custom Recipe: Bring pan to high heat. Cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. In the last minute of cook time, add sweet chilli mixture and cook until bubbling, 30 seconds.

2



Get prepped

- Meanwhile, remove centre veins from **makrut lime leaves**, then very finely chop.
- Trim and roughly chop **pea pods**.
- In a small bowl, combine **makrut leaves, mixed sesame seeds, sweet chilli sauce, ginger paste, the water and the soy sauce**.

TIP: The makrut leaves are fibrous so make sure to cut them very thin.

5



Make the salad

- Meanwhile, in a large bowl, combine **shredded wombok, baby spinach leaves, pea pods, pumpkin, sesame dressing** and a drizzle of **olive oil**. Toss to coat and season to taste.

3



Prep the tofu

- Meanwhile, pat **firm tofu (see ingredients)** dry, then cut into 1cm pieces.
- In a medium bowl, combine **cornflour** and a generous pinch of **salt** and **pepper**. Add **tofu**, tossing to coat.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks. Season and coat as above.

6



Serve up

- Divide salad between bowls.
- Top with golden sweet chilli-makrut tofu.
- Sprinkle with **crunchy fried noodles** to serve. Enjoy!

Rate your recipe

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