



# Sweet Chilli Tofu Bao Buns

with Creamy Pea Pod Slaw & Crispy Shallots

Grab your Meal Kit with this symbol



Pea Pods



Malaysian Tofu



Sweet Chilli Sauce



Slaw Mix



Garlic Aioli



Gua Bao Buns



Crispy Shallots

Prep in: **15 mins**  
Ready in: **15 mins**

Have you tried our bao buns? They are fluffy, slightly sweet and so addictive! Stuff these pillowy buns with a creamy pea pod slaw, sweet chilli tofu and crunchy crispy shallots for the perfect bite (or three).

### Pantry items

Olive Oil, Brown Sugar, Soy Sauce, Rice Wine Vinegar

SAD



## Before you start

Wash your hands and any fresh food.

## You will need

Large frying pan

## Ingredients

|   |                 |
|---|-----------------|
|   | 2 People        |
| <b>olive oil*</b>                         | refer to method |
| pea pods                                  | 1 small bag     |
| Malaysian tofu                            | 1 packet        |
| sweet chilli sauce                        | 1 medium packet |
| <b>brown sugar*</b>                       | ½ tbs           |
| <b>soy sauce*</b>                         | 1 tbs           |
| <b>rice wine vinegar* (for the sauce)</b> | ½ tbs           |
| slaw mix                                  | 1 small bag     |
| garlic aioli                              | 1 medium packet |
| <b>rice wine vinegar* (for the slaw)</b>  | drizzle         |
| gua bao buns                              | 1 packet        |
| crispy shallots                           | 1 large packet  |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3342kJ (799Cal) | 777kJ (186Cal) |
| Protein (g)      | 20.3g           | 4.7g           |
| Fat, total (g)   | 34.2g           | 8g             |
| - saturated (g)  | 6.7g            | 1.6g           |
| Carbohydrate (g) | 101.8g          | 23.7g          |
| - sugars (g)     | 43.5g           | 10.1g          |
| Sodium (mg)      | 1350mg          | 314mg          |

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](https://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



## Get prepped

- Trim and thinly slice **pea pods** lengthways. Cut **Malaysian tofu** into 2cm chunks.
- In a small bowl, combine **sweet chilli sauce**, the **brown sugar**, the **soy sauce** and **rice wine vinegar (for the sauce)**.



## Steam the buns

- Meanwhile, place **gua bao buns** on a plate with a small splash of **water** (just a small splash so they stay fluffy!).
- Cover with cling wrap or a microwave-safe bowl. Microwave on high for **1 minute**, then set aside for **1 minute**.



## Make the slaw & cook the tofu

- In a medium bowl, combine **pea pods**, **slaw mix**, **garlic aioli** and a drizzle of **rice wine vinegar (for the slaw)**. Season with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **tofu**, tossing, until browned, **3-4 minutes**.
- Add **sweet chilli sauce mixture**, then simmer until slightly thickened, **1 minute**.



## Serve up

- Uncover buns, then gently open.
- Fill each bun with sweet chilli tofu and pea pod slaw.
- Serve sprinkled with **crispy shallots**. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)