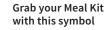


Sticky Plum Sauce Tofu Slaw Bowl with Crispy Shallots & Fried Egg

SUMMER SALADS









Firm Tofu

Sweet Soy Seasoning





Plant-Based

Plum Sauce

Fish Sauce



Shredded Cabbage Mix





Crispy Shallots



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



We're in our light and bright era this Summer, so only a salad will do. Crunchy slaw is the perfect base for sticky plum tofu to lay upon. With a sprinkling of crispy shallots and a tasty fried egg, you'll be not only plating up, but you'll also be eating the rainbow!



Olive Oil, Eggs, Plain Flour, Vinegar (White Wine or Rice Wine)

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

Large frying pan

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
baby spinach leaves	1 medium bag	1 large bag	
firm tofu	1 packet	2 packets	
eggs*	2	4	
sweet soy seasoning	1 sachet	2 sachets	
plain flour*	½ tbs	1 tbs	
plum sauce	1 packet (80g)	2 packets (160g)	
plant-based fish sauce	1 packet	2 packets	
shredded cabbage mix	1 medium bag	1 large bag	
garlic aioli	1 medium packet	1 large packet	
vinegar* (white wine or rice wine)	drizzle	drizzle	
crispy shallots	1 medium packet	1 large packet	
firm tofu**	1 packet	2 packets	
*Pantry Items **Custom Recipe Ingredient			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kj)	2092kJ (500Cal)	569kJ (136Cal)
Protein (g)	20.1g	5.5g
Fat, total (g)	29.7g	8.1g
- saturated (g)	4.3g	1.2g
Carbohydrate (g)	44.1g	12g
- sugars (g)	12.4g	3.4g
Sodium (mg)	1942mg	529mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kj)	3535kJ (845Cal)	561kJ (134Cal)
Protein (g)	55.8g	8.9g
Fat, total (g)	45.2g	7.2g
- saturated (g)	5.4g	0.9g
Carbohydrate (g)	52.5g	8.3g
- sugars (g)	14g	2.2g
Sodium (mg)	1955mg	310mg

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





Get prepped

- Grate carrot.
- · Roughly chop baby spinach leaves.
- Pat dry firm tofu with paper towel and cut into 1cm chunks.



Cook the tofu

- Meanwhile, in a medium bowl, combine tofu, sweet soy seasoning and the plain flour.
- Return frying pan to medium-high heat with a drizzle of olive oil.
- When oil is hot, shake any excess flour off the tofu and cook, turning occasionally, until golden, 4-6 minutes.
- Remove from heat, then add plum sauce, plant-based fish sauce and a splash of water, tossing to coat.

Custom Recipe: If you've doubled your tofu, cook tofu in batches for the best results, returning all tofu to the pan before adding the plum sauce, plant-based fish sauce and a splash of water as above.



Fry the eggs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, crack the eggs into the pan. Cook until egg whites are firm and yolks are cooked to your liking, 4-5 minutes. Transfer to a plate and cover to keep warm.



Serve up

- In a large bowl, combine shredded cabbage mix, carrot, spinach, garlic aioli and a drizzle of vinegar.
- Divide slaw between bowls. Top with sticky plum tofu and fried egg.
- Spoon over any remaining sauce and sprinkle over crispy shallots to serve. Enjoy!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate