



# 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

## Before you start

Wash your hands and any fresh food.

## You will need

Large frying pan

## Ingredients

	<b>2 People</b>
<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.

1



## 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**, **soy sauce** and **rice wine vinegar (for the sauce)**.

3



## 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**.

2



## 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**.

4



## Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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)