



Quick Asian BBQ Tofu Bowl

with Japanese Salad, Plant-Based Soy Aioli & Fresh Chilli

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Pea Pods



Long Chilli (Optional)



Cucumber



Carrot



Firm Tofu



Asian BBQ Seasoning



Cornflour



Vegetable Stock Powder



Plant-Based Aioli



Japanese Style Dressing



Mixed Salad Leaves



Chicken Breast

Prep in: 15-25 mins
Ready in: 25-35 mins



Carb Smart



Plant Based*

*Custom Recipe is not Plant Based



Eat Me Early*

*Custom Recipe only

This bowl is a medley of flavour, colour and texture thanks to crisp BBQ tofu, crunchy veggies and rich aioli. If you're feeling extra adventurous, even add some fresh chilli for a spike of heat!

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

Pantry items

Olive Oil, Soy Sauce, 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

| | 2 People | 4 People |
|--|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| pea pods | 1 small packet | 1 medium packet |
| long chilli  (optional) | ½ | 1 |
| cucumber | 1 | 2 |
| carrot | 1 | 2 |
| firm tofu | 1 packet | 2 packets |
| Asian BBQ seasoning | 1 sachet | 2 sachets |
| cornflour | 1 medium sachet | 1 large sachet |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| plant-based aioli | 1 medium packet | 2 medium packets |
| soy sauce* | 1 tsp | 2 tsp |
| Japanese style dressing | 1 packet | 2 packets |
| vinegar* (white wine or rice wine) | drizzle | drizzle |
| mixed salad leaves | 1 medium packet | 1 large packet |
| chicken breast** | 1 small packet | 2 small packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2354kJ (563Cal) | 524kJ (125Cal) |
| Protein (g) | 28.2g | 6.3g |
| Fat, total (g) | 33.9g | 7.5g |
| - saturated (g) | 2.4g | 0.5g |
| Carbohydrate (g) | 30.9g | 6.9g |
| - sugars (g) | 14.6g | 3.2g |
| Sodium (mg) | 1698mg | 378mg |
| Dietary Fibre (g) | 17.4g | 3.9g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2106kJ (503Cal) | 479kJ (114Cal) |
| Protein (g) | 41g | 9.3g |
| Fat, total (g) | 26.1g | 5.9g |
| - saturated (g) | 2.5g | 0.6g |
| Carbohydrate (g) | 25.5g | 5.8g |
| - sugars (g) | 13.6g | 3.1g |
| Sodium (mg) | 1759mg | 400mg |
| Dietary Fibre (g) | 7.4g | 1.7g |

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.



Get prepped

- Trim and thinly slice **pea pods** lengthways.
- Thinly slice **long chilli** (if using)
- Roughly chop **cucumber**.
- Using a vegetable peeler, peel **carrot** into ribbons.



Toss the salad

- Meanwhile, in a small bowl, combine **plant-based aioli** and the **soy sauce**.
- In a large bowl, combine **Japanese style dressing** and a drizzle of **vinegar**. Season with **salt** and **pepper**.
- To the bowl with the **Japanese dressing**, add **carrot**, **pea pods**, **cucumber** and **mixed salad leaves**, tossing to coat.



Cook the tofu

- Pat dry **firm tofu** with paper towel and cut into 1cm chunks.
- In a medium bowl, combine **tofu**, **Asian BBQ seasoning** and a drizzle of **olive oil**.
- To the bowl with tofu, add **cornflour** and **vegetable stock powder**, tossing to coat.
- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. When the oil is hot, shake excess **flour** off the tofu and cook, turning occasionally, until golden, **4-6 minutes**. Season with a generous pinch of **pepper**.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks. Coat chicken as above. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.



Serve up

- Divide Japanese salad between bowls then top with Asian BBQ tofu.
- Drizzle over plant-based soy aioli and sprinkle with **chilli** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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