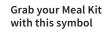


Quick Asian BBQ Tofu Bowl with Japanese Salad, Plant-Based Soy Aioli & Fresh Chilli

SUMMER SALADS

NEW

CLIMATE SUPERSTAR











Long Chilli (Optional)



Cucumber







Asian BBQ

Carrot

Firm Tofu

Seasoning





Vegetable Stock Powder





Plant-Based

Japanese Style Dressing



Mixed Salad Leaves



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

Eat Me Early* *Custom Recipe only



Carb Smart

*Custom Recipe is not

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)	1/2	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		

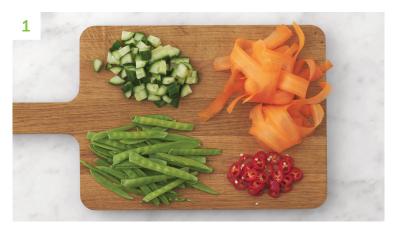
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Avg Qty	Per Serving	Per 100g		
Energy (kJ)	2106kJ (503Cal)	479kJ (114Cal)		
Protein (g)	41g	9.3g		
Fat, total (g)	26.1g	5.9g		
- saturated (g)	2.5g	0.6g		
Carbohydrate (g)	25.5g	5.8g		
- sugars (g)	13.6g	3.1g		
Sodium (mg)	1759mg	400mg		
Dietary Fibre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

