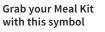


Sweet Chilli Glazed Tofu & Japanese-Style Salad

with Crunchy Fried Noodles & Aioli

SUMMER SALADS

CLIMATE SUPERSTAR











Long Chilli (Optional)





Japanese Tofu

Sweet Chilli







Mixed Salad Leaves

Shredded Cabbage







Japanese Style Dressing





Garlic Aioli

Crunchy Fried Noodles



Prep in: 15-25 mins Ready in: 20-30 mins



Carb Smart*

*Custom Recipe is

not Carb Smart

In this Japanese-inspired salad, you'll see crunchy shredded cabbage mixed in with the best leafy greens, providing the perfect base for sweet chilli glazed tofu. The garnishes truly make this dish sing, so don't forget the additions of chilli and crunchy fried noodles!

Pantry items Olive Oil

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

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	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
long chilli ∮ (optional)	1/2	1
Japanese tofu	1 packet	2 packets
sweet chilli sauce	1 small packet	1 medium packet
mixed salad leaves	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
Japanese style dressing	1 packet	2 packets
soy sauce mix	1 medium packet	2 medium packets
garlic aioli	1 medium packet	1 large packet
crunchy fried noodles	1 packet	2 packets
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2275kJ (544Cal)	674kJ (161Cal)
Protein (g)	20.2g	6g
Fat, total (g)	37.4g	11.1g
- saturated (g)	4.4g	1.3g
Carbohydrate (g)	30.2g	8.9g
- sugars (g)	17.6g	5.2g
Sodium (mg)	1558mg	462mg
Dietary Fibre	8.7g	2.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2989kJ (714Cal)	595kJ (142Cal)
Protein (g)	56.8g	11.3g
Fat, total (g)	39.9g	7.9g
- saturated (g)	5.2g	1g
Carbohydrate (g)	30.4g	6g
- sugars (g)	17.6g	3.5g
Sodium (mg)	1628mg	324mg

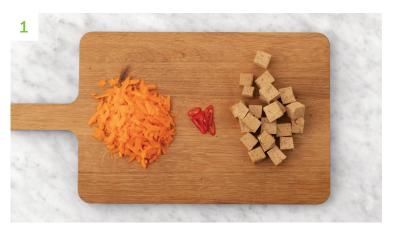
The quantities provided above are averages only.

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

- Grate carrot.
- Thinly slice long chilli (if using).
- Cut Japanese tofu into 2cm chunks.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks.



Toss the salad

 In a large bowl, combine carrot, mixed salad leaves, shredded cabbage mix, Japanese dressing and soy sauce mix. Season pepper and toss to combine.



Cook the tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook tofu, tossing, until browned, 3-4 minutes.
- Remove pan from heat and add sweet chilli sauce and a splash of water, tossing **tofu** to coat.

Custom Recipe: Before cooking the tofu, 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. Transfer to a plate and continue as above.



Serve up

- Divide Japanese-style salad between bowls.
- Top with sweet chilli glazed tofu and a dollop of garlic aioli.
- Garnish with **crunchy fried noodles** and **chilli** (if using) to serve. Enjoy!

Custom Recipe: Top Japanese-style salad with sweet chilli glazed tofu and chicken. Dollop with garlic aioli to serve.