



Sticky Plum Sauce Tofu Slaw Bowl

with Crispy Shallots & Fried Egg

SUMMER SALADS

Grab your Meal Kit with this symbol



Carrot



Baby Spinach Leaves



Firm Tofu



Sweet Soy Seasoning



Plum Sauce



Plant-Based Fish Sauce



Shredded Cabbage Mix



Garlic Aioli



Crispy Shallots



Chicken Breast

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

Calorie Smart

Eat Me Early*
*Custom Recipe only

We're in our light and bright era 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!

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

Pantry items

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

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
baby spinach leaves	1 medium packet	1 large packet
firm tofu	1 packet	2 packets
eggs*	2	4
sweet soy seasoning	1 medium sachet	2 medium sachets
plain flour*	½ tbs	1 tbs
plum sauce	1 medium packet	2 medium packets
plant-based fish sauce	1 medium packet	2 medium packets
shredded cabbage mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
crispy shallots	1 medium sachet	1 large sachet
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)	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)	2325kJ (556Cal)	523kJ (125Cal)
Protein (g)	44.8g	10.1g
Fat, total (g)	27g	6.1g
- saturated (g)	4.8g	1.1g
Carbohydrate (g)	41.4g	9.3g
- sugars (g)	11.9g	2.7g
Sodium (mg)	2008mg	451mg

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.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm 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 the 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: Combine chicken with seasoning and flour as above. Return frying pan with 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. Continue with step.



Fry the egg

- 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 the **vinegar**.
- Divide slaw between bowls. Top with sticky plum tofu and a fried egg.
- Spoon over any remaining sauce and sprinkle over **crispy shallots** to garnish. Enjoy!

Custom Recipe: Top slaw with sticky plum chicken and fried a egg.

Rate your recipe

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