



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

	2 People
olive oil*	refer to method
pea pods	1 small packet
Malaysian tofu	1 packet
sweet chilli sauce	1 medium packet
brown sugar*	½ tbs
soy sauce*	1 tbs
rice wine vinegar* (for the sauce)	½ tbs
slaw mix	1 small bag
garlic aioli	1 medium packet
rice wine vinegar* (for the slaw)	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 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



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