



Katsu-Glazed Japanese Tofu Bao Buns

with Creamy Spring Onion Slaw

TAKEAWAY FAVES

NEW

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Spring Onion



Carrot



Japanese Tofu



Katsu Paste



Gua Bao Bun



Shredded Cabbage Mix



Mayonnaise



Chicken Breast

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

Eat Me Early*
**Custom Recipe only*

Our favourite little bao buns are back and better than ever. Pack them in with Japanese tofu and spring onion slaw, then serve for a dish that'll make you sing!

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

Pantry items

Olive Oil, Butter, Brown Sugar

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
spring onion	1 stem	2 stems
carrot	1	2
Japanese tofu	1 packet	2 packets
katsu paste	1 packet	2 packets
boiling water*	¼ cup	½ cup
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
gua bao bun	6	12
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
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)	3167kJ (757Cal)	784kJ (187Cal)
Protein (g)	24.6g	6.1g
Fat, total (g)	32g	7.9g
- saturated (g)	8.4g	2.1g
Carbohydrate (g)	77.6g	19.2g
- sugars (g)	23.8g	5.9g
Sodium (mg)	1471mg	364mg
Dietary Fibre (g)	7.9g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3161kJ (755Cal)	674kJ (161Cal)
Protein (g)	46.6g	9.9g
Fat, total (g)	24.3g	5.2g
- saturated (g)	7.4g	1.6g
Carbohydrate (g)	73.1g	15.6g
- sugars (g)	21.5g	4.6g
Sodium (mg)	1071mg	228mg
Dietary Fibre	4.8g	1.4g

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

- Boil the kettle.
- Thinly slice **spring onion**.
- Grate **carrot**.
- Cut **Japanese tofu** into 2cm chunks.
- In a medium heatproof bowl, combine **katsu paste**, the **boiling water** (¼ cup for 2 people / ½ cup for 4 people), **butter** and **brown sugar**, until smooth.

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



Heat 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**. Set aside for **1 minute**.



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**.
- In the **last minute** of cook time, add **katsu mixture**, tossing to coat, until slightly reduced.

Custom Recipe: 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, 5-6 minutes. In the last minute, add katsu mixture as above.



Toss and serve

- To a medium bowl, combine carrot, **shredded cabbage mix**, **mayonnaise** and a drizzle of olive oil. Season to taste.
- Uncover bao buns, then gently halve. Fill buns with katsu-glazed Japanese tofu and creamy slaw.
- Sprinkle over spring onion to serve. Enjoy

Custom Recipe: Fill buns with katsu-glazed chicken and creamy slaw.

Rate your recipe

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