



Satay Tofu Tacos & Sweet Chilli Mayo

with Mint Slaw & Crispy Shallots

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Lime



Mint



Malaysian Tofu



Sweet Chilli Sauce



Mayonnaise



Mini Flour Tortillas



Shredded Cabbage Mix



Sesame Dressing



Crispy Shallots



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

It's genius, really. When you combine the much loved peanut butter satay flavour with chunks of tofu, then wrap them up in warm flour tortillas with a crisp slaw, you've got flavour, texture and colour galore!

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
lime	½	1
mint	1 packet	1 packet
Malaysian tofu	1 packet	2 packets
sweet chilli sauce	1 small packet	1 medium packet
mayonnaise	1 medium packet	1 large packet
mini flour tortillas	6	12
shredded cabbage mix	1 medium packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
crispy shallots	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)	2843kJ (679Cal)	725kJ (173Cal)
Protein (g)	19.5g	5g
Fat, total (g)	40.1g	10.2g
- saturated (g)	7.1g	1.8g
Carbohydrate (g)	63.3g	16.1g
- sugars (g)	22.5g	5.7g
Sodium (mg)	1310mg	334mg
Dietary Fibre (g)	13.3g	3.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2896kJ (692Cal)	634kJ (152Cal)
Protein (g)	46.1g	10.1g
Fat, total (g)	34.4g	7.5g
- saturated (g)	6.4g	1.4g
Carbohydrate (g)	55.3g	12.1g
- sugars (g)	16.5g	3.6g
Sodium (mg)	942mg	206mg
Dietary Fibre (g)	10.6g	2.3g

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**.
- Zest **lime** to get a generous pinch and cut into wedges.
- Pick and roughly **chop mint**.
- Cut **Malaysian tofu** into 2cm chunks.

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



Bring it all together

- While tofu is cooking, combine **sweet chilli sauce**, **lime zest** and **mayonnaise** in a small bowl. Set aside.
- In a medium bowl, combine **shredded cabbage mix**, **carrot**, **mint**, a squeeze of **lime juice** and a drizzle of **olive oil**. Season with **salt** and **pepper** and toss to coat.
- Microwave **mini flour tortillas** on a plate for **10 second** bursts, or until warmed through.



Cook the tofu

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **tofu**, tossing, until browned and warmed through, **3-4 minutes**. Transfer to a bowl.

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 (when no longer pink inside), 5-6 minutes.



Serve up

- Spread some sweet chilli mayo over tortillas. Top with some mint slaw and satay tofu. Drizzle over **sesame dressing**.
- Sprinkle with **crispy shallots** to serve. Enjoy!

Custom Recipe: Top mint slaw with chicken as above, to serve.

Rate your recipe

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