

# Sweet Chilli Glazed Tofu & Japanese-Style Salad with Crunchy Fried Noodles & Aioli

with this symbol

Grab your Meal Kit



CLIMATE SUPERSTAR









Long Chilli (Optional)



Japanese Tofu



Sweet Chilli



Mixed Salad



Slaw Mix

Crunchy Fried Noodles

Leaves



Japanese Style



Dressing



Garlic Aioli





**Pantry items** Olive Oil

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



Carb Smart<sup>^</sup> **^**Custom Recipe is not Carb Smart

In this Japanese-inspired salad, you'll see crunchy slaw 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!

# 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
refer to method	refer to method
1	2
1/2	1
1 packet	2 packets
1 small packet	1 medium packet
1 medium packet	1 large packet
1 small packet	1 large packet
1 medium packet	2 medium packets
1 medium packet	2 medium packets
1 medium packet	1 large packet
1 medium packet	2 medium packets
1 medium packet	2 medium packets OR 1 large packet
	refer to method 1  ½ 1 packet 1 small packet 1 medium 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)	2991kJ (715Cal)	595kJ (142Cal)
Protein (g)	56.8g	11.3g
Fat, total (g)	39.9g	7.9g
- saturated (g)	5.2g	1g
Carbohydrate (g)	30.3g	6g
- sugars (g)	17.6g	3.5g
Sodium (mg)	1627mg	324mg
Dietary Fibre	8.9g	1.8g

The quantities provided above are averages only.

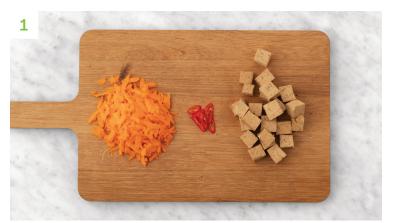
# **Allergens**

Always read product labels for the most up-to-date allergen information.

Scan here if you have any questions or concerns

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 into 2cm chunks.



### Toss the salad

 In a large bowl, combine carrot, mixed salad leaves, slaw 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, reduce heat to medium-high 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.

We're here to help!