



Sweet Chilli Glazed Tofu & Japanese-Style Salad

with Crunchy Fried Noodles & Aioli

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Long Chilli (Optional)



Japanese Tofu



Sweet Chilli Sauce



Mixed Salad Leaves



Slaw Mix



Japanese Style Dressing



Soy Sauce Mix



Garlic Aioli



Crunchy Fried Noodles



Chicken Breast

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



Carb Smart[^]

[^]Custom Recipe is not Carb Smart



Eat Me Early*

*Custom Recipe only

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!

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
long chilli  (optional)	½	1
Japanese tofu	1 packet	2 packets
sweet chilli sauce	1 small packet	1 medium packet
mixed salad leaves	1 medium packet	1 large packet
slaw mix	1 small packet	1 large packet
Japanese style dressing	1 medium packet	2 medium packets
soy sauce mix	1 medium packet	2 medium packets
garlic aioli	1 medium packet	1 large packet
crunchy fried noodles	1 medium packet	2 medium packets
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)	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.

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**.
- 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.

Rate your recipe

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