

Sticky Plum Tofu Slaw Bowl

with Crispy Shallots & Fried Egg

Grab your meal kit with this number

17



Carrot



Baby Spinach Leaves



Mint



Firm Tofu



Sweet Soy Seasoning



Plum Sauce



Plant-Based Fish Sauce



Shredded Cabbage Mix



Garlic Aioli



Crispy Shallots



Firm Tofu



Chicken Breast

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

 Calorie Smart

We're in our light and bright era so only a salad will do. Crunchy slaw is the perfect base for sticky plum tofu to lay upon. With a sprinkling of crispy shallots and a tasty fried egg, you'll be not only plating up, but you'll also be eating the rainbow!

Pantry items

Olive Oil, Egg, Plain Flour, Vinegar (White Wine Or Rice Wine)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
baby spinach leaves	1 medium packet	1 large packet
mint	1	1
firm tofu	1 packet	2 packets
egg*	2	4
sweet soy seasoning	1 sachet	2 sachets
plain flour*	½ tbs	3.6
plum sauce	1 packet	2 packets
plant-based fish sauce	1 packet	2 packets
shredded cabbage mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2283kJ (546Cal)	605kJ (145Cal)
Protein (g)	20.2g	5.4g
Fat, total (g)	34.7g	9.2g
- saturated (g)	5g	1.3g
Carbohydrate (g)	44.3g	11.7g
- sugars (g)	12.4g	3.3g
Sodium (mg)	1949mg	516mg
Dietary Fibre (g)	11.2g	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**.
- Roughly chop **baby spinach leaves**. Thinly slice **mint**.
- Pat dry **firm tofu** with paper towel and cut into 1cm chunks.



Cook the tofu

- Meanwhile, combine **tofu**, **sweet soy seasoning** and the **plain flour** in a medium bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When the oil is hot, shake any excess flour off the **tofu** and cook, turning occasionally, until golden, **4-6 minutes**.
- Remove from heat, then add **plum sauce**, **plant-based fish sauce** and a splash of **water**, tossing to coat.



Fry the egg

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When the oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **4-5 minutes**. Transfer to a plate and cover to keep warm.



Serve up

- In a large bowl, combine **shredded cabbage mix**, carrot, spinach, mint, **garlic aioli** and a drizzle of the **vinegar**.
- Divide slaw between bowls. Top with sticky plum tofu and fried egg.
- Spoon over any remaining sauce and sprinkle over **crispy shallots** to garnish. Enjoy!

CUSTOM OPTIONS



DOUBLE TOFU

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

