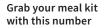


Japanese Tofu & Sweet Potato Bliss Bowl

with Zingy Sweet Chilli & Sesame Dressing

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR







Sweet Potato



Seasoning



Cucumber



Pea Pods





Sweet Chill

Lemon



Japanese Tofu





Sesame Dressing







Prep in: 20-30 mins Ready in: 30-40 mins



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

Air fryer or oven tray lined with baking paper · Large frying pan

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
sweet soy seasoning	1 sachet	2 sachets	
cucumber	1	2	
vinegar* (white wine or rice wine)	1/4 cup	½ cup	
pea pods	1 small packet	1 medium packet	
lemon	1/2	1	
sweet chilli sauce	1 small packet	1 medium packet	
Japanese tofu	1 packet	2 packets	
deluxe salad mix	1 medium packet	2 medium packets OR 1 large packet	
sesame dressing	1 medium packet	2 medium packets	
mixed sesame seeds	1 medium sachet	2 medium sachets	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2280kJ (545cal)	230kJ (55cal)
Protein (g)	23.7g	2.4g
Fat, total (g)	25.4g	2.6g
- saturated (g)	3.5g	0.4g
Carbohydrate (g)	50.7g	5.1g
- sugars (g)	28g	2.8g
Sodium (mg)	1407mg	142.1mg
Dietary Fibre (g)	14g	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.



Cook the sweet potato

- Set air fryer to 200°C.
- Cut sweet potato into bite-sized chunks.
- In a medium bowl, combine **sweet potato**, sweet soy seasoning and a drizzle of olive oil.
- · Place sweet potato into the air fryer basket and cook for 10 minutes. Shake the basket, then cook until tender, a further **5-10 minutes**.

TIP: No air fryer? Preheat oven to 240°C/220°C fanforced. Prep as above. Place sweet potato on a lined oven tray. Sprinkle with sweet soy seasoning and toss to coat. Roast until tender, 20-25 minutes.



Pickle the cucumber

- Meanwhile, thinly slice cucumber into rounds.
- In a second medium bowl, combine the vinegar and a good pinch of sugar and salt.
- Add cucumber to pickling liquid. Add enough water to just cover cucumber. Set aside.



Make the dressing

- Slice lemon into wedges.
- Trim and roughly chop **pea pods**.
- In a large bowl, combine sweet chilli sauce, a good squeeze of lemon juice and a drizzle of olive oil. Set aside.



Cook the tofu

CUSTOM

OPTIONS

- Cut Japanese tofu into 2cm chunks.
- When sweet potato has 5 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook tofu, tossing until browned, 3-4 minutes.



Toss the salad

· To bowl with dressing, add deluxe salad mix and pea pods, tossing to combine. Season with salt and pepper to taste.



Serve up

- Drain pickled cucumber.
- Divide roasted soy sweet potato, Japanese tofu, cucumber and deluxe salad between bowls.
- Drizzle over **sesame dressing** and sprinkle over mixed sesame seeds to serve. Enjoy!





ADD CHICKEN TENDERLOINS

Cut into 2 cm chunks. Before cooking tofu. cook chicken in a frying pan over high heat with a drizzle of oil until cooked through, 3-4 minutes.



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

