



Malaysian Tofu & Deluxe Salad

with Lemongrass Coconut Dressing & Crispy Shallots

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

17



Cucumber



Lemon



Malaysian Tofu



Carrot



Ginger Lemongrass Paste



Coconut Milk



Deluxe Salad Mix



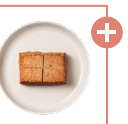
Mixed Salad Leaves



Crispy Shallots



Chicken Tenderloins



Malaysian Tofu

Prep in: 15-25 mins
Ready in: 25-35 mins

Carb Smart

Busting with crowd-pleasing Malaysian flavours, everyone will be happily getting their daily dose of veg with this tender tofu and salad dish.

Pantry items

Olive Oil, Brown Sugar, Low Sodium Soy Sauce, 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
cucumber	1	2
lemon	½	1
Malaysian tofu	1 packet	2 packets
carrot	1	2
ginger	1 packet	2 packets
lemongrass paste	1 packet	2 packets
coconut milk	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
low sodium soy sauce*	½ tbs	1 tbs
deluxe salad mix	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium 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)	1981kJ (474cal)	197kJ (47cal)
Protein (g)	14.9g	1.5g
Fat, total (g)	36.3g	3.6g
- saturated (g)	19.4g	1.9g
Carbohydrate (g)	27.8g	2.8g
- sugars (g)	18.6g	1.8g
Sodium (mg)	735mg	73.1mg
Dietary Fibre (g)	9.7g	1g

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

2024 | CW36



Get prepped

- Cut **cucumber** into thin half-moons.
- Cut **lemon** into wedges.
- Cut **Malaysian tofu** into 2cm chunks.
- Using a vegetable peeler, peel **carrot** into ribbons.



Make the sauce

- Wipe out frying pan, then return to medium heat with a drizzle of **olive oil**.
- Cook **ginger lemongrass paste** (watch out, the paste might splatter) until fragrant, **1 minute**.
- Stir in **coconut milk**, the **brown sugar**, **low sodium soy sauce** and a squeeze of **lemon juice**, then cook until bubbling, **1-2 minutes**.
- Allow to cool slightly.



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**.
- Transfer to a bowl and cover to keep warm.



Toss & serve

- In a large bowl, combine **deluxe salad mix**, carrot, cucumber and **mixed salad leaves** and a drizzle of **vinegar** and olive oil. Season to taste with **salt** and **pepper**.
- Divide deluxe salad between bowls. Top with Malaysian tofu. Drizzle over lemongrass coconut dressing.
- Sprinkle over **crispy shallots**. Serve with remaining lemon wedges. Enjoy!

CUSTOM OPTIONS



SWAP TO CHICKEN TENDERLOINS

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



DOUBLE MALAYSIAN TOFU

Follow method above, cooking in batches if necessary.

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

