



# Satay Tofu Salad Bowl

with Peanut Dressing & Chilli

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Lemon



Cucumber



Long Chilli (Optional)



Firm Tofu



Satay Seasoning



Peanut Butter



Sweet Chilli Sauce



Soy Sauce Mix



Shredded Cabbage Mix



Mixed Salad Leaves



Crushed Peanuts



Firm Tofu



Peeled Prawns

Prep in: 20-30 mins  
Ready in: 25-35 mins



Protein Rich



Carb Smart

A peanutty tofu bowl is just what the doctor ordered! This one is nothing short of nutty, with a peanut butter-based dressing and a sprinkling of crushed peanuts, trust us when we say, you'll be going nuts for more!

### Pantry items

Olive Oil, Plain Flour

## 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
<b>olive oil*</b>	refer to method	refer to method
lemon	½	1
cucumber	1	2
long chilli  (optional)	½	1
firm tofu	1 packet	2 packets
<b>plain flour*</b>	1 tsp	2 tsp
satay seasoning	1 sachet	2 sachets
peanut butter	1 packet	2 packets
<b>boiling water*</b>	¼ cup	½ cup
sweet chilli sauce	1 small packet	1 medium packet
soy sauce mix	1 packet	2 packets
shredded cabbage mix	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2264kJ (541cal)	235kJ (56cal)
Protein (g)	35.1g	3.6g
Fat, total (g)	29.4g	3g
- saturated (g)	3.5g	0.4g
Carbohydrate (g)	26.6g	2.8g
- sugars (g)	15.5g	1.6g
Sodium (mg)	1192mg	123.7mg
Dietary Fibre (g)	18.8g	2g

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](https://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

- Boil the kettle.
- Slice **lemon** into wedges.
- Thinly slice **cucumber** into half-moons.
- Thinly slice **long chilli** (if using).
- Pat **firm tofu** dry, then cut into 2cm chunks.
- In a medium bowl, combine the **plain flour** and **satay seasoning**. Add **tofu**, tossing gently to coat.



## Cook the tofu

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When the oil is hot, cook **tofu**, turning occasionally, until golden, **5-7 minutes**. Season with a good pinch of **salt** and **pepper**.



## Make the dressing

- To a large bowl, add **peanut butter** and the **boiling water** (¼ cup for 2 people / ½ cup for 4 people) and whisk until smooth.
- Add **sweet chilli sauce**, **soy sauce mix**, a good squeeze of **lemon juice** and a drizzle of **olive oil**. Whisk to combine and set aside.



## Serve up

- To the peanut dressing, add **shredded cabbage mix**, **mixed salad leaves** and cucumber. Season to taste.
- Divide salad between bowls, then top with satay tofu.
- Sprinkle with **crushed peanuts** and **chilli** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



### CUSTOM OPTIONS

#### + DOUBLE FIRM TOFU

Follow method above, cooking in batches if necessary.

#### + ADD PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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

