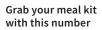


# Satay Tofu Salad Bowl with Peanut Dressing & Chilli

NEW

CLIMATE SUPERSTAR









Cucumber



Firm Tofu

Long Chilli (Optional)





Satay Seasoning

Peanut Butter



Sweet Chilli



Sauce



Shredded Cabbage



Mixed Salad Leaves



Crushed Peanuts





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

**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
olive oil*	refer to method	refer to method
lemon	1/2	1
cucumber	1	2
long chilli ∮ (optional)	1/2	1
firm tofu	1 packet	2 packets
plain flour*	1 tsp	2 tsp
satay seasoning	1 sachet	2 sachets
peanut butter	1 packet	2 packets
boiling water*	1/4 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

<sup>\*</sup>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 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.



# 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.



#### 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.



### 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!







