

# Thai Tofu & Pineapple Salad Bowl

with Creamy Sweet Chilli Dressing

VEGGIE FAVES

NEW

Grab your meal kit with this number

21



Tomato



Long Chilli (Optional)



Japanese Tofu



Pineapple Slices



Garlic Aioli



Soy Sauce Mix



Sweet Chilli Sauce



Slaw Mix



Mixed Salad Leaves



Peeled Prawns




Japanese Tofu

### Recipe Update

We've replaced the baby capsicum in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

 Carb Smart

Summer is calling which means we are in charge of providing you with only the freshest of salads that taste delicious in the heat. This salad bowl is no exception - with tender Japanese tofu, charred pineapple and tomato, you'll be feeling the heat from the sunshine and the fresh chilli!

### Pantry items

Olive Oil



## 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
tomato	1	2
long chilli  (optional)	½	1
Japanese tofu	1 packet	2 packets
pineapple slices	1 tin	2 tins
garlic aioli	1 medium packet	1 large packet
soy sauce mix	1 packet	2 packets
sweet chilli sauce	1 small packet	1 medium packet
slaw mix	1 small packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2058kJ (492cal)	265kJ (63cal)
Protein (g)	18.1g	2.3g
Fat, total (g)	32.7g	4.2g
- saturated (g)	3.8g	0.5g
Carbohydrate (g)	28.8g	3.7g
- sugars (g)	24.1g	3.1g
Sodium (mg)	1160mg	149.3mg
Dietary Fibre (g)	7g	0.9g

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.

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## Get prepped

- Roughly chop **tomato**.
- Thinly slice **long chilli** (if using).
- Cut **Japanese tofu** into 2cm chunks.
- Drain **pineapple slices** and reserve some **pineapple juice** (1 tbs for 2 people / 2 tbs for 4 people).

3



## Cook the tofu

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **tofu**, tossing, until browned, **3-4 minutes**.

2



## Char the pineapple

- Heat a large frying pan over high heat. Cook **pineapple slices** until lightly charred, **2-3 minutes** each side.
- Transfer to a chopping board and roughly chop.

4



## Serve up

- In a large bowl, combine **garlic aioli**, **soy sauce mix**, **sweet chilli sauce** and the reserved pineapple juice.
- Add tofu, **slaw mix**, **mixed salad leaves**, tomato and pineapple. Toss to coat and season to taste with salt and pepper.
- Divide Thai tofu and pineapple salad between bowls.
- Garnish with **chilli** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS

#### + ADD PEELED PRAWNS

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

#### + DOUBLE JAPANESE 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.

