

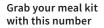
Thai Tofu & Pineapple Salad Bowl

with Creamy Sweet Chilli Dressing

VEGGIE FAVES

NEW











Long Chilli (Optional)





Japanese Tofu

Pineapple Slices













Slaw Mix

Sweet Chilli Sauce

Mixed Salad Leaves







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

ingredient availability. It'll be just as delicious, just follow your recipe card!

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
tomato	1	2
long chilli ∮ (optional)	1/2	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
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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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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).



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.



Cook the tofu

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



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!





ADD PEELED PRAWNS

