



# Sweet-Soy Tofu Bites & Sesame Sriracha Slaw

with Mixed Leaves & Crushed Peanuts

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

17



Celery



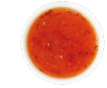
Garlic



Firm Tofu



Sweet Soy Seasoning



Sweet Chilli Sauce



Mayonnaise



Sesame Dressing



Sriracha



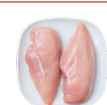
Shredded Cabbage Mix



Mixed Salad Leaves



Crushed Peanuts



Chicken Breast



Peeled Prawns

Prep in: 15-25 mins  
Ready in: 20-30 mins



Protein Rich



Carb Smart

Perfect bite-sized parcels of tofu are doused in a mouth-watering sweet soy and sweet chilli concoction, that tastes even better than it sounds (and it sounds really good!). To add some crunch to your squeaky tofu, add an equally delicious sesame sriracha-laced slaw and you'll be thanking us later!

### Pantry items

Olive Oil, Plain Flour, Low Sodium Soy Sauce

## 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
celery	1 medium packet	1 large packet
garlic	1 clove	2 cloves
firm tofu	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
<b>plain flour*</b>	½ tbs	1 tbs
sweet chilli sauce	1 packet	1 packet
<b>low sodium soy sauce*</b>	1 tbs	2 tbs
mayonnaise	1 medium packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
sriracha	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)	2170kJ (519cal)	267kJ (64cal)
Protein (g)	30.3g	3.7g
Fat, total (g)	31.8g	3.9g
- saturated (g)	3.2g	0.4g
Carbohydrate (g)	22g	2.7g
- sugars (g)	13.4g	1.7g
Sodium (mg)	1352mg	166.5mg
Dietary Fibre (g)	15.8g	1.9g

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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



1



## Get prepped

- Finely chop **celery**.
- Finely chop **garlic**.
- Cut **firm tofu** into 1cm chunks.
- In a medium bowl, combine **sweet soy seasoning**, the **plain flour** and a good pinch of **salt**. Add **tofu**, tossing to coat.
- In a small bowl, combine **sweet chilli sauce** and the **low sodium soy sauce**.
- In a large heatproof bowl, combine **garlic** and a drizzle of **olive oil**. Microwave in **10 second** bursts until fragrant.

3



## Toss the slaw

- Meanwhile, to bowl with garlic oil, add **mayonnaise**, **sesame dressing** and **sriracha**, stirring to combine.
- Add **celery**, **shredded cabbage mix** and **mixed salad leaves**, tossing to coat. Season to taste.

2



## Cook the tofu

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **tofu**, tossing occasionally, until golden, **5-7 minutes**.
- Remove from heat, then add **sweet chilli-soy mixture**, tossing **tofu** to coat.

4



## Serve up

- Divide sesame sriracha slaw between bowls.
- Top with sweet soy tofu bites.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

## CUSTOM OPTIONS



### SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Follow method above, cooking until cooked through, 4-6 minutes.



### SWAP TO 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.

