

# Japanese Glazed Tofu & Sesame Miso Salad

with Roasted Sweet Potato & Pickled Ginger

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Sweet Potato



Apple/Pear



Cucumber



Lemon



Japanese Tofu



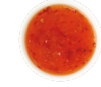
Garlic Paste



Miso Paste



Sesame Seeds



Sweet Chilli Sauce



Mixed Salad Leaves



Crispy Shallots



Pickled Ginger



Japanese Tofu



Chicken Tenderloins

Prep in: 20-30 mins  
Ready in: 30-40 mins

Calorie Smart

This salad has all of the bells and whistles that truly makes it one of the greats. With a sesame miso dressing laced around roasted sweet potato, cucumber and pear, you'll have the perfect base for Japanese glazed tofu to lay upon.

**Pantry items**

Olive Oil, Honey, 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
apple/pear	1	2
cucumber	1	2
lemon	½	1
Japanese tofu	1 packet	2 packets
garlic paste	½ packet	1 packet
miso paste	1 packet	2 packets
<b>honey*</b>	½ tbs	1 tbs
sesame seeds	1 medium sachet	1 large sachet
sweet chilli sauce	1 packet	1 packet
<b>low sodium soy sauce*</b>	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
crispy shallots	1 medium sachet	1 large sachet
pickled ginger	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2147kJ (513cal)	226kJ (54cal)
Protein (g)	22.8g	2.4g
Fat, total (g)	23.3g	2.5g
- saturated (g)	4.8g	0.5g
Carbohydrate (g)	57.1g	6g
- sugars (g)	32.9g	3.5g
Sodium (mg)	998mg	105.3mg
Dietary Fibre (g)	13.3g	1.4g

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](http://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**. Set aside and allow to cool slightly.

**TIP:** If your oven tray is crowded, divide the sweet potato between two trays.

2



## Get prepped

- Meanwhile, thinly slice **apple/pear** into wedges.
- Thinly slice **cucumber** into half-moons.
- Slice **lemon** into wedges.
- Cut **Japanese tofu** into 2cm chunks.

3



## Make the miso dressing

- In a small heatproof bowl, microwave **garlic paste (see ingredients)** and a drizzle of **olive oil** in **10 second** bursts until fragrant.
- To garlic oil, add **miso paste**, the **honey**, a good squeeze of **lemon juice** and **sesame seeds**. Stir to combine.

4



## Cook the tofu

- While sweet potato is cooling, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, tossing, until browned, **3-4 minutes**.
- In the **last minute** of cook time, add **sweet chilli sauce**, the **low sodium soy sauce** and a splash of **water**, tossing to coat.

5



## Toss the salad

- In a large bowl, combine **roasted sweet potato**, **apple/pear**, **cucumber**, **mixed salad leaves** and **miso dressing**. Season to taste.

6



## Serve up

- Divide sesame miso salad between bowls.
- Top with Japanese glazed tofu, **crispy shallots** and **pickled ginger**.
- Serve with any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



### CUSTOM OPTIONS



#### DOUBLE JAPANESE TOFU

Follow method above, cooking in batches if necessary.



#### ADD CHICKEN TENDERLOINS

Cook until cooked through, 3-4 minutes each side.

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

