

Sweet Chilli Tofu & Japanese-Style Salad

with Crunchy Fried Noodles & Aioli

SUMMER SALADS

CLIMATE SUPERSTAR



Grab your meal kit with this number







Long Chilli (Optional)



Japanese Tofu







Mixed Salad



Leaves



Japanese Style Dressing



Garlic Aioli



Noodles





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



Pantry items Olive Oil, 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
olive oil*	refer to method	refer to method
carrot	1	2
long chilli (optional) ∮	1/2	1
Japanese tofu	1 packet	2 packets
sweet chilli sauce	1 packet	1 packet
mixed salad leaves	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
Japanese style dressing	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
garlic aioli	1 medium packet	1 large packet
crunchy fried noodles	1 packet	2 packets

*Pantry Items Nutrition

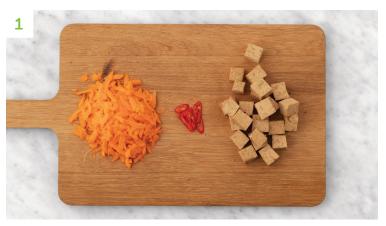
Avg Qty Per Serving Per 100g Energy (kJ) 2227kJ (532cal) 330kJ (79cal) 19.6g Protein (g) 2.9g 37.3g Fat, total (g) 5.5g - saturated (g) 4.4g 0.7g Carbohydrate (g) 28.7g 4.3g 16.5g 2.4g - sugars (g) Sodium (mg) 1255mg 185.9mg Dietary Fibre (g) 8.2g 1.2g

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

- Grate carrot.
- Thinly slice long chilli (if using).
- Cut Japanese tofu into 2cm chunks.



Cook the tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- · Cook tofu, tossing, until browned, 3-4 minutes.
- Remove pan from heat, then add sweet chilli sauce and a splash of water, tossing tofu to coat.



Toss the salad

 In a large bowl, combine carrot, mixed salad leaves, shredded cabbage mix, Japanese style dressing and the soy sauce. Season pepper and toss to combine.



Serve up

- Divide Japanese-style salad between bowls.
- Top with sweet chilli tofu and a dollop of garlic aioli.
- Garnish with **crunchy fried noodles** and **chilli** (if using) to serve. Enjoy!





