



# Japanese-Style Crumbed Tofu Salad

with Sweet Chilli & Creamy Ponzu Dressing

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

17



Cucumber



Apple



Everything Garnish



Panko Breadcrumbs



Japanese Tofu



Sweet Chilli Sauce



Deluxe Salad Mix



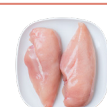
Mixed Salad Leaves



Ponzu



Mayonnaise



Chicken Breast



Peeled Prawns

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

Carb Smart

We're in our light and bright era so only a salad will do! These crumbed Japanese tofu delights pack a punch with every bite. To turn things up even further, we've piled them high on a bed of sweet chilli-laced deluxe salad. You can thank us later!

### Pantry items

Olive Oil, Plain Flour, Egg, Vinegar (White Wine or Rice Wine)

## 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
cucumber	1	2
apple	1	2
<b>plain flour*</b>	1 tbs	2 tbs
<b>egg*</b>	1	2
everything garnish	½ sachet	1 sachet
panko breadcrumbs	½ medium packet	1 medium packet
Japanese tofu	1 packet	2 packets
sweet chilli sauce	1 packet	1 packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
deluxe salad mix	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
ponzu	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2614kJ (606cal)	606kJ (141cal)
Protein (g)	24.1g	5.6g
Fat, total (g)	39.3g	9.1g
- saturated (g)	5.6g	1.3g
Carbohydrate (g)	39.4g	9.1g
- sugars (g)	20.2g	4.7g
Sodium (mg)	1198mg	278mg
Dietary Fibre (g)	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 | CW49



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## Get prepped

- Thinly slice **cucumber** into rounds. Thinly slice **apple** into wedges.
- In a shallow bowl, combine the **plain flour** and a good pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine **everything garnish** (see ingredients) and **panko breadcrumbs** (see ingredients).
- Cut **Japanese tofu** into 1cm-thick pieces. Dip **Japanese tofu steaks** into the **flour mixture** to coat, then into the **egg** and finally into the **breadcrumb mixture**. Set aside on a plate.

3



## Toss the salad

- Meanwhile, in a large bowl, combine **sweet chilli sauce** and a drizzle of **vinegar** and **olive oil**.
- Add **deluxe salad mix**, **mixed salad leaves**, **apple** and **cucumber**. Toss to combine and season to taste with **salt** and **pepper**.
- In a small bowl, combine **ponzu** and **mayonnaise**. Stir to combine.

2



## Cook the crumbed tofu

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- Cook **crumbed tofu** in batches until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

**TIP:** Add extra oil if needed so the tofu does not stick to the pan.

4



## Serve up

- Divide salad between bowls.
- Top with Japanese-style crumbed tofu.
- Drizzle over creamy ponzu dressing to serve. Enjoy!

## CUSTOM OPTIONS



### ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



### SWAP TO PEELED PRAWNS

Follow crumbing method. 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.

