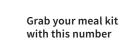


BBQ Spiced Japanese Tofu Bowl with Salad, Plant-Based Soy Aioli & Fresh Chilli

SUMMER SALADS

CLIMATE SUPERSTAR









Long Chilli (Optional)







Carrot

Seasoning





Cornflour

Japanese Tofu







Plant-Based











Prep in: 15-25 mins Ready in: 25-35 mins

Plant Based





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
long chilli ∮ (optional)	1/2	1
cucumber	2	4
carrot	1	2
Asian BBQ seasoning	1 sachet	2 sachets
cornflour	1 medium sachet	2 medium sachets
Japanese tofu	1 packet	2 packets
plant-based aioli	1 packet	2 packets
soy sauce*	1 tsp	2 tsp
Japanese style dressing	1 packet	2 packets
vinegar* (white wine or rice wine)	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
* Pantry Itoms		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2207kJ (527Cal)	552kJ (131Cal)
Protein (g)	17.7g	4.4g
Fat, total (g)	38.6g	9.7g
- saturated (g)	4.2g	1.1g
Carbohydrate (g)	26.4g	6.6g
- sugars (g)	14.1g	3.5g
Sodium (mg)	1536mg	384mg
Dietary Fibre (g)	8.2g	2.1g

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

- Thinly slice long chilli (if using).
- · Roughly chop cucumber.
- Using a vegetable peeler, peel carrot into ribbons.



Toss the salad

- Meanwhile, in a small bowl, combine plant-based aioli and the soy sauce.
- In a second large bowl, combine Japanese style dressing and a drizzle of vinegar. Season to taste.
- To the bowl with the Japanese dressing, add carrot ribbons, cucumber and mixed salad leaves, tossing to coat.



Cook the tofu

- In a large bowl, combine Asian BBQ seasoning, cornflour and a good pinch of salt and pepper.
- Slice Japanese tofu into steaks. Add to seasoning and gently turn to coat.
- Heat a large frying pan over medium-high heat with enough olive oil to
 cover the base. When the oil is hot, shake excess flour off the tofu and cook,
 turning occasionally, until golden, 4-6 minutes. Season with a generous
 pinch of pepper.



Finish & serve

- Divide salad between bowls, then top with BBQ spiced Japanese tofu.
- Drizzle over plant-based soy aioli and sprinkle with chilli to serve. Enjoy!

