



# BBQ Spiced Japanese Tofu Bowl

with Salad, Plant-Based Soy Aioli & Fresh Chilli

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Long Chilli (Optional)



Cucumber



Carrot



Asian BBQ Seasoning



Cornflour



Japanese Tofu



Plant-Based Aioli



Japanese Style Dressing



Mixed Salad Leaves



Chicken Breast



Pork Strips

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

Carb Smart

Plant Based

This bowl is a medley of flavour, colour and texture thanks to crisp Japanese tofu, crunchy veggies and rich aioli. If you're feeling extra adventurous, even add some fresh chilli for a spike of heat!

### Pantry items

Olive Oil, Soy Sauce, 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
long chilli (optional)	½	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
<b>soy sauce*</b>	1 tsp	2 tsp
Japanese style dressing	1 packet	2 packets
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet

\*Pantry Items

## 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](https://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!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



### CUSTOM OPTIONS

#### + ADD CHICKEN BREAST

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

#### + ADD PORK STRIPS

Cook in batches, tossing, until browned and cooked through, 2-4 minutes.

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

