

# Miso Tofu Bites & Slaw Bowl

with Japanese Mayo Dressing & Sesame Seeds

SUMMER SALADS

NEW

Grab your meal kit with this number

17



Cucumber



Red Radish



Japanese Tofu



Miso Paste



Sesame Dressing



Mayonnaise



Japanese Style Dressing



Shredded Cabbage Mix



Mixed Salad Leaves



Sesame Seeds



Japanese Tofu



Chicken Breast

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

Carb Smart

We're in our light and bright era so only a salad will do! This miso glazed tofu number is sure to quickly become the talk of the town. This nutty number comes with sesame dressing and sesame seeds as well and tastes so good when paired with a crunchy and colourful slaw.

**Pantry items**

Olive Oil, Honey



## 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
red radish	1	2
Japanese tofu	1 packet	2 packets
miso paste	1 packet	2 packets
sesame dressing	1 medium packet	2 medium packets
<b>honey*</b>	1 tbs	2 tbs
mayonnaise	1 medium packet	1 large packet
Japanese style dressing	1 packet	2 packets
shredded cabbage mix	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2267kJ (542cal)	590kJ (154cal)
Protein (g)	20.6g	5.4g
Fat, total (g)	41g	10.7g
- saturated (g)	4.7g	1.2g
Carbohydrate (g)	21.4g	5.6g
- sugars (g)	17.6g	4.6g
Sodium (mg)	1338mg	348.4mg
Dietary Fibre (g)	7.6g	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

- Thinly slice **cucumber** and **red radish** into rounds.
- Cut **Japanese tofu** into 1cm chunks.
- In a small bowl, combine **miso paste**, **sesame dressing** and the **honey**.

3



## Toss the slaw

- Meanwhile, in a large bowl, combine **mayonnaise** and **Japanese style dressing**.
- Add **shredded cabbage mix**, **mixed salad leaves**, **cucumber** and **radish**. Toss to combine. Season with **salt** and **pepper**.

2



## 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**.
- Add **miso glaze**, tossing to coat, **1 minute**.

4



## Finish & serve

- Divide slaw between bowls.
- Top with miso tofu bites. Spoon over any remaining glaze from pan.
- Sprinkle over **sesame seeds** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW03



### CUSTOM OPTIONS



#### DOUBLE JAPANESE TOFU

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

