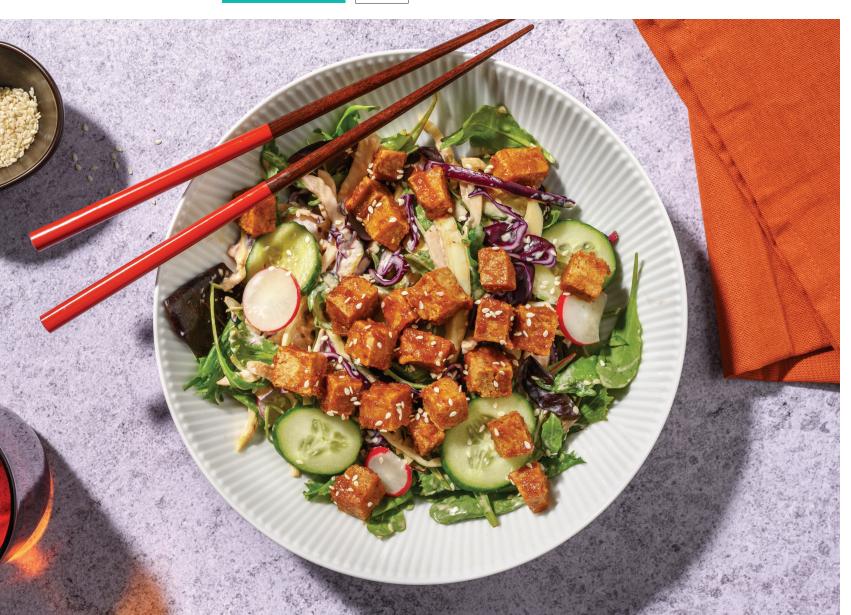


Miso Tofu Bites & Slaw Bowl

with Japanese Mayo Dressing & Sesame Seeds

SUMMER SALADS



Grab your meal kit with this number









Japanese Tofu





Sesame Dressing





Japanese Style Dressing





Leaves

Sesame Seeds





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



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
olive oil*	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
honey*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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**.



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.



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.



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!









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.

