

Satay Tofu Tacos & Mint Slaw

with Sweet Chilli & Crispy Shallots

CLIMATE SUPERSTAR

Grab your meal kit
with this number

33



Carrot



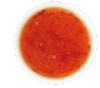
Lime



Mint



Malaysian Tofu



Sweet Chilli
Sauce



Shredded Cabbage
Mix



Mini Flour
Tortillas



Sesame Dressing



Crispy Shallots



Peeled
Prawns



Chicken
Breast

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

It's genius, really. When you combine the much-loved peanut butter satay flavour with chunks of tofu, then wrap them up in warm flour tortillas with a crisp slaw, you've got flavour, texture and colour galore!

Pantry items

Olive Oil

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
carrot	1	2
lime	½	1
mint	1 packet	1 packet
Malaysian tofu	1 packet	2 packets
sweet chilli sauce	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
mini flour tortillas	6	12
sesame dressing	1 medium packet	2 medium packets
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3042kJ (727cal)	757kJ (188cal)
Protein (g)	20g	5g
Fat, total (g)	41.3g	10.3g
- saturated (g)	7.2g	1.8g
Carbohydrate (g)	69.8g	17.4g
- sugars (g)	22.8g	5.7g
Sodium (mg)	1321mg	328.6mg
Dietary Fibre (g)	13.4g	3.3g

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

- Grate **carrot**.
- Zest **lime** to get a generous pinch and cut into wedges.
- Pick and roughly chop **mint**.
- Cut **Malaysian tofu** into 2cm chunks.



Bring it all together

- While tofu is cooking, combine **sweet chilli sauce** and **lime zest** in a small bowl. Set aside.
- In a medium bowl, combine **shredded cabbage mix, carrot, mint**, a squeeze of **lime juice** and a drizzle of **olive oil**. Season with **salt** and **pepper** and toss to coat.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, or until warmed through.



Cook the tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **tofu**, tossing, until browned and warmed through, **3-4 minutes**.
- Transfer to a bowl.



Finish & serve

- Top tortillas with some mint slaw and satay tofu.
- Drizzle over **sesame dressing**.
- Sprinkle with **crispy shallots** and serve with sweet chilli sauce. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



CUSTOM OPTIONS



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.



SWAP TO CHICKEN BREAST

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

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

