



# Crumbed Tofu Schnitzel

with Sesame Fries & Japanese Aioli



Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Pear



Cucumber



Garlic Aioli



Japanese Dressing



Panko Breadcrumbs



Japanese Tofu



Mixed Salad Leaves



Crispy Shallots

Hands-on: **25-35** mins  
Ready in: **30-40** mins

Golden and crispy Japanese tofu is the star of the show tonight, with sesame fries as its trusty sidekick and a crisp pear salad that just might steal the limelight.

### Pantry items

Olive Oil, Plain Flour, Egg, Soy Sauce

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Oven tray lined with baking paper  
Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 sachet	2 sachets
pear	1	2
cucumber	1	2
garlic aioli	1 packet	1 packet
Japanese dressing	1 tub (30g)	2 tubs (60g)
plain flour*	2 tbs	4 tbs
egg*	1	2
soy sauce*	2 tsp	1 tbs
panko breadcrumbs	1 packet	2 packet
Japanese tofu	1 packet	2 packets
mixed salad leaves	1 bag (60g)	1 bag (120g)
crispy shallots	1 sachet	2 sachets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3530kJ (843Cal)	565kJ (135Cal)
Protein (g)	34.5g	5.5g
Fat, total (g)	43.3g	6.9g
- saturated (g)	6.1g	1.0g
Carbohydrate (g)	74.3g	11.9g
- sugars (g)	15.9g	2.6g
Sodium (g)	947mg	152mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Bake the fries

Preheat the oven to **220°C/200°C fan-forced**. Slice the **potato** (unpeeled) into **1 cm** fries. Place the fries on an oven tray lined with baking paper. Sprinkle with the **mixed sesame seeds**, season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat then bake until tender, **25-30 minutes**.

**TIP:** Cut the potato to the correct size to ensure it cooks in the allocated time.



## 2. Get prepped

While the fries are baking, thinly slice the **pear**. Thinly slice the **cucumber** into half-moons. In a small bowl, mix the **garlic aioli** with **1/2** the **Japanese dressing**.



## 3. Crumb the tofu

In a shallow bowl, add the **plain flour**. In a second shallow bowl whisk the **egg** with the **soy sauce**. In a third shallow bowl, add the **panko breadcrumbs**. Gently dip the **tofu** into the **flour**, followed by the **egg mixture**, and finally in the **breadcrumbs**. Set aside on a plate.



## 4. Cook the tofu

When the fries have **5 minutes** of cook time remaining, heat enough **olive oil** to coat the base of a large frying pan over a medium-high heat. When the oil is hot, add the **crumbed tofu** and cook until golden, **2-3 minutes** each side. Drain on paper towel and season with **salt** and **pepper**.



## 5. Make the salad

Just before serving, place the **pear**, **cucumber**, **mixed salad leaves** and **crispy shallots** in a bowl with the remaining **Japanese dressing** and toss to coat.



## 6. Serve up

Divide the crumbed tofu between plates. Serve with the sesame fries, pear salad and Japanese aioli.

**Enjoy!**