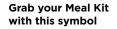
Crumbed Tofu Schnitzel

with Sesame Fries & Japanese Aioli













Potato

Mixed Sesame



Cucumber



Garlic Aioli

Japanese Dressing





Panko Breadcrumbs

Japanese Tofu







Mixed Salad Leaves

Crispy Shallots

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

ingi calcino		
2 People	4 People	
refer to method	refer to method	
2	4	
1 sachet	2 sachets	
1	2	
1	2	
1 packet	1 packet	
1 tub (30g)	2 tubs (60g)	
2 tbs	4 tbs	
1	2	
2 tsp	1 tbs	
1 packet	2 packet	
1 packet	2 packets	
1 bag (60g)	1 bag (120g)	
1 sachet	2 sachets	
	refer to method 2 1 sachet 1 1 packet 1 tub (30g) 2 tbs 1 2 tsp 1 packet 1 packet 1 packet 1 bag (60g)	

^{*}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 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!