



Golden Sweet Chilli-Makrut Tofu Salad

with Sweet Potato, Wombok & Crunchy Noodles

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Makrut Lime Leaves



Carrot



Mixed Sesame Seeds



Sweet Chilli Sauce



Cornflour



Baby Spinach Leaves



Crunchy Fried Noodles



Ginger Paste



Firm Tofu



Sesame Dressing



Shredded Wombok

Prep in: 20-30 mins
Ready in: 30-40 mins

Firm tofu is the perfect canvas for bold Vietnamese-inspired flavours - like the unique citrusy and zesty flavours from makrut lime, which stands up well to the sweet chilli glaze in this fresh, colourful and textural dish.

Pantry items

Olive Oil, Soy Sauce (or Gluten Free Tamari Soy Sauce), Rice Wine Vinegar

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
sweet potato	2	4
makrut lime leaves	2 leaves	4 leaves
carrot	1	2
mixed sesame seeds	1 medium sachet	1 large sachet
sweet chilli sauce	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
water*	1 tbs	2 tbs
soy sauce* (or <i>gluten free tamari soy sauce</i>)	2 tbs	¼ cup
firm tofu	½ packet	1 packet
cornflour	½ medium sachet	1 medium sachet
sesame dressing	1 large packet	2 large packets
rice wine vinegar*	1 tsp	2 tsp
shredded wombok	1 medium bag	1 large bag
baby spinach leaves	1 small bag	1 medium bag
crunchy fried noodles	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2848kJ (681Cal)	442kJ (106Cal)
Protein (g)	36.7g	5.7g
Fat, total (g)	25g	3.9g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	70.4g	10.9g
- sugars (g)	32.1g	5g
Sodium (mg)	976mg	152mg

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.



Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**. Allow to cool slightly.

TIP: If your oven tray is crowded, divide the sweet potato between two trays.



Get prepped

- Meanwhile, remove centre veins from **makrut lime leaves**, then very finely chop. Grate **carrot**.
- In a small bowl, combine **makrut leaves**, **mixed sesame seeds**, **sweet chilli sauce**, **ginger paste**, the **water** and 1/2 the **soy sauce**.
- Heat a large frying pan over medium-high heat. Cook **sweet-chilli ginger mixture** until heated through and fragrant, **1 minute**. Transfer to a medium bowl and set aside.

TIP: The makrut leaves are fibrous so make sure to cut them into very small pieces!



Prep the tofu

- Meanwhile, pat **firm tofu** (see ingredients) dry, then cut into 1cm pieces.
- In a medium bowl, combine **cornflour** (see ingredients) and a generous pinch of **salt** and **pepper**. Add **tofu**, tossing to coat.



Cook the tofu

- When the sweet potato has **5 minutes** remaining, wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- When the oil is hot, shake the excess **cornflour** off **tofu**, then cook **tofu**, turning occasionally, until golden, **5-7 minutes**.

TIP: For best results, cook the tofu in batches if your pan is getting crowded.



Make the salad & finish the tofu

- Meanwhile, combine **sesame dressing**, the **rice wine vinegar**, remaining **soy sauce** and a drizzle of **olive oil** in a second medium bowl.
- Add **shredded wombok**, **baby spinach leaves**, **carrot** and **roasted sweet potato**. Toss to coat and season to taste.
- To bowl with **sweet-chilli ginger mixture**, add cooked **tofu**, tossing to coat.



Serve up

- Divide sweet potato and wombok salad between plates.
- Top with golden sweet chilli-makrut tofu.
- Sprinkle with **crunchy fried noodles** to serve. Enjoy!

We're here to help!

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