



Malaysian Tofu & Sweet Chilli Pumpkin Salad

with Ginger Dressing & Peanuts

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Sweet Chilli Sauce



Ginger



Garlic



Long Red Chilli (Optional)



Lime



Malaysian Tofu



Cucumber



Pear



Mint



Asian Mixed Leaves



Crushed Peanuts

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Spicy (optional long red chilli)

Low Calorie

There's a reason they call it "dressing" – salad would be naked without it! This one uses a clever technique of pouring hot oil over grated ginger and garlic – the oil cooks the aromatic ingredients and creates a unique mixture that you'll want to drizzle on everything.

Pantry items

Olive Oil, Sesame Oil (or Oil), Soy Sauce, Brown Sugar

Before you start

Our fruit and veggies need a little wash first!

You will need

Oven tray lined with baking paper

Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
sweet chilli sauce	1 tub (25g)	1 tub (50g)
ginger	1 knob	2 knobs
garlic	½ clove	1 clove
long red chilli (optional)	½	1
lime	½	1
Malaysian tofu	1 block	2 blocks
cucumber	1	2
pear	½	1
mint	1 bunch	1 bunch
sesame oil* (or oil)	1 tbs	2 tbs
soy sauce*	3 tsp	1½ tbs
brown sugar*	1 tsp	2 tsp
Asian mixed leaves	1 bag (60g)	1 bag (120g)
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	1860kJ (445Cal)	444kJ (106Cal)
Protein (g)	23.9g	5.7g
Fat, total (g)	24.9g	5.9g
- saturated (g)	3.8g	0.9g
Carbohydrate (g)	32.6g	7.8g
- sugars (g)	24.6g	5.9g
Sodium (g)	934mg	223mg

Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



1. Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. In a medium bowl, combine the **peeled & chopped pumpkin, sweet chilli sauce, a drizzle of olive oil** and a **pinch of salt and pepper**. Spread out over an oven tray lined with baking paper. Roast until tender and lightly caramelised, **20-25 minutes**.



4. Fry the tofu

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **tofu** and cook, tossing, until browned and warmed through, **4 minutes**.



2. Get prepped

While the pumpkin is roasting, finely grate the **ginger**. Finely grate the **garlic (see ingredients list)**, or use a garlic press. Finely chop the **long red chilli (see ingredients list)**, if using. Zest the **lime (see ingredients list)** to get a **pinch**. In a medium heatproof bowl, combine the **ginger, garlic, chilli** (if using) and **lime zest**. Set aside. Cut the **Malaysian tofu** into 2cm squares. Thinly slice the **cucumber** into half-moons. Thinly slice the **pear (see ingredients list)**. Pick and thinly slice the **mint** leaves (reserve a few leaves for garnish).



5. Toss the salad

In a large bowl, combine the **Asian mixed leaves, cucumber, pear, sliced mint leaves, sweet chilli pumpkin and tofu**. Pour over the **ginger dressing** and toss to coat.

TIP: Let the pumpkin, tofu and dressing cool slightly before adding to the salad to keep the leaves crisp.



3. Finish the ginger dressing

Place a medium frying pan over a high heat and add the **sesame oil**. Heat until just smoking, **30 seconds**, then carefully pour the oil over the **ginger mixture** in the bowl. Add the **soy sauce, brown sugar, a squeeze of lime juice and olive oil (1 tsp for 2 people / 2 tsp for 4 people)**. Mix well and set aside.

TIP: The hot oil will bubble up and 'cook' the ginger, garlic and chilli.



6. Serve up

Divide the Malaysian tofu salad between plates and top with the **crushed peanuts** and reserved mint leaves.

Enjoy!