

Malaysian Tofu & Sweet Chilli Pumpkin with Ginger Dressing & Peanuts

Grab your Meal Kit with this symbol







Butternut Pumpkin













Lime

Long Red Chilli (Optional)





Cucumber

Malaysian Tofu









Sesame Oil

Leaves



Crushed Peanuts

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

Hands-on: 20-30 mins Ready in: 30-40 mins Spicy (optional long red chilli)

Calorie Smart

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.

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
butternut pumpkin	1 (medium)	1 (large)	
sweet chilli sauce	1 packet (25g)	1 packet (50g)	
ginger	1 knob	2 knobs	
garlic	½ clove	1 clove	
long red chilli (optional)	1/2	1	
lime	1/2	1	
Malaysian tofu	1 block	2 blocks	
cucumber	1	2	
pear	1/2	1	
mint	1 bunch	1 bunch	
sesame oil blend	½ tub	1 tub	
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

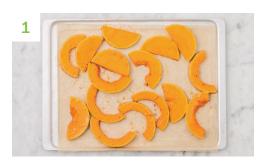
Nutrition

	Per Serving	Per 100g
Energy (kJ)	2367kJ (565Cal)	400kJ (95Cal)
Protein (g)	27.5g	4.6g
Fat, total (g)	30.1g	5.1g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	42.9g	7.2g
- sugars (g)	31.7g	5.4g
Sodium (mg)	840mg	142mg

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 pumpkin

Preheat the oven to 220°C/200°C fan-forced.
Cut the butternut pumpkin into 1cm slices. In a medium bowl, combine the pumpkin, sweet chilli sauce and a drizzle of olive oil. Season with salt and pepper. Toss to coat. Spread out over an oven tray lined with baking paper. Roast until tender and lightly caramelised, 20-25 minutes.

TIP: Peel the pumpkin if you prefer!



Get prepped

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



Make the ginger dressing

Place a large frying pan over a high heat and add the **sesame oil blend** (see ingredients). Heat until just smoking, **30 seconds**, then carefully pour the oil over the **ginger mixture** in the medium bowl. Add the **soy sauce**, **brown sugar**, a squeeze of **lime juice** and the **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 garlic, ginger and chilli.



Cook the tofu

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



Make the salad

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

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



Serve up

Divide the Malaysian tofu salad and sweet chilli pumpkin between bowls and top with the **crushed peanuts** and any reserved mint leaves.

Enjoy!