



Malaysian Tofu & Sweet Chilli Pumpkin

with Ginger Dressing & Peanuts

Grab your Meal Kit with this symbol



- Butternut Pumpkin
- Sweet Chilli Sauce
- Ginger
- Garlic
- Long Red Chilli (Optional)
- Lime
- Malaysian Tofu
- Cucumber
- Pear
- Mint
- Sesame Oil Blend
- Asian Mixed Leaves
- Crushed Peanuts

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

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, Soy Sauce, Brown Sugar

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
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)	½	1
lime	½	1
Malaysian tofu	1 block	2 blocks
cucumber	1	2
pear	½	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!



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**.



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 half-moons. Thinly slice the **pear** (see ingredients). Pick and thinly slice the **mint** leaves (reserve a few leaves for garnish!).



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.



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.



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!