



Tex-Mex Tofu & Easy-Prep Pumpkin Bliss Bowl

with Charred Corn & Plant-Based Mayo

Grab your Meal Kit with this symbol



Potato



Capsicum



Peeled & Chopped Pumpkin



Garlic & Herb Seasoning



Firm Tofu



Sweetcorn



Tex-Mex Spice Blend



Mild Chipotle Sauce



Shredded Cabbage Mix



Coriander



Plant-Based Mayonnaise



Haloumi

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

Calorie Smart*

*Custom Recipe is not Calorie Smart or Plant-Based

Plant Based*

Eat the rainbow with this colourful bliss bowl with rich Tex-Mex spiced tofu. The contrast between the crisp cabbage, firm tofu and soft roasted veggies makes every bite a true delight!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
potato	1	2
capsicum	1	2
peeled & chopped pumpkin	1 small bag	1 medium bag
garlic & herb seasoning	1 medium sachet	1 large sachet
firm tofu	1 packet	2 packets
sweetcorn	1 tin (125g)	1 tin (300g)
Tex-Mex spice blend	1 medium sachet	1 large sachet
plain flour*	2 tsp	4 tsp
mild chipotle sauce	1 packet	2 packets
shredded cabbage mix	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
coriander	1 bag	1 bag
plant-based mayonnaise	1 packet	2 packets
haloumi**	1 packet (180g)	2 packets (360g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2561kJ (612Cal)	377kJ (90Cal)
Protein (g)	38.7g	5.7g
Fat, total (g)	29.2g	4.3g
- saturated (g)	3.1g	0.5g
Carbohydrate (g)	42.5g	6.2g
- sugars (g)	19.9g	2.9g
Sodium (mg)	1462mg	215mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2961kJ (707Cal)	498kJ (119Cal)
Protein (g)	28g	4.7g
Fat, total (g)	48.1g	8.1g
- saturated (g)	16.8g	2.8g
Carbohydrate (g)	39.6g	6.7g
- sugars (g)	20.9g	3.5g
Sodium (mg)	2497mg	420mg

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.

We're here to help!

Scan here if you have any questions or concerns



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **potato** into bite-sized chunks. Slice **capsicum**.
- Place **potato**, **capsicum** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle generously with **olive oil**, sprinkle with **garlic & herb seasoning**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

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



Cook the tofu

- When the veggies have **5 minutes** remaining, return frying pan to medium-high heat with a generous drizzle of **olive oil**.
- Dust off any excess **flour** and cook **tofu**, tossing occasionally, until browned and warmed through, **3-5 minutes**.
- Remove **tofu** from the heat, then add **mild chipotle sauce** and a splash of **water**, tossing until coated.

Custom Recipe: Drain haloumi and pat dry. In a medium bowl, add haloumi, Tex-Mex spice blend and the plain flour, gently toss until well coated. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side. Remove from heat, add sauce and water as above.



Get prepped

- Meanwhile, pat **firm tofu** dry with paper towel and cut into 1cm cubes. Drain **sweetcorn**.
- In a medium bowl, add **tofu**, **Tex-Mex spice blend** and the **plain flour**. Season with **salt** and **pepper**, then gently toss until well coated.

Custom Recipe: If you've swapped to haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water.



Toss the slaw

- Meanwhile, to the bowl with the **charred corn**, add **shredded cabbage mix**, a good pinch of **salt** and **sugar** and a drizzle of the **white wine vinegar** and **olive oil**.



Char the corn

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a second medium bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Serve up

- Divide Tex-Mex tofu, roasted veggies and charred corn slaw between bowls.
- Tear over **coriander**. Drizzle with **plant-based mayonnaise** to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate