



Tex-Mex Tofu & Roast Veggie Buddha Bowl

with Charred Corn & Plant-Based Aioli

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Potato



Capsicum



Garlic & Herb Seasoning



Firm Tofu



Sweetcorn



Tex-Mex Spice Blend



Mild Chipotle Sauce



Shredded Cabbage Mix



Coriander



Plant-Based Aioli



Haloumi

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

Calorie Smart*

*Custom recipe is not Plant Based or Calorie Smart

Plant Based*

The colours of this dish will be what first pulls you in, but the tasty flavours are what will make you so glad that you chose this meal! Our famous Tex-mex flavours are responsible for the immense flavours packed onto squeaky tofu and paired with some extra veggies and slaw, you have yourself a stunning buddha bowl!

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

Pantry items

Olive Oil, Plain Flour, Brown Sugar, 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
sweet potato	1	2
potato	1	2
capsicum	1	2
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
brown sugar*	½ tsp	1 tsp
shredded cabbage mix	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
coriander	1 bag	1 bag
plant-based aioli	1 medium packet	2 medium packets
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2660kJ (636Cal)	391kJ (93Cal)
Protein (g)	38.5g	5.7g
Fat, total (g)	28.7g	4.2g
- saturated (g)	3g	0.4g
Carbohydrate (g)	49.7g	7.3g
- sugars (g)	20.3g	3g
Sodium (mg)	1471mg	216mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3060kJ (731Cal)	514kJ (123Cal)
Protein (g)	27.8g	4.7g
Fat, total (g)	47.6g	8g
- saturated (g)	16.7g	2.8g
Carbohydrate (g)	46.8g	7.9g
- sugars (g)	21.3g	3.6g
Sodium (mg)	2506mg	421mg

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



1



Roast the veggies

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

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

4



Cook the tofu

- When 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 **chipotle mixture**, tossing to coat.

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 chipotle mixture as above.

2



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.

5



Toss the slaw

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

3



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.
- In a small bowl, combine **mild chipotle sauce**, the **brown sugar** and a splash of water.

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

6



Serve up

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

Rate your recipe

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