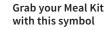


# Tex-Mex Tofu & Roast Veggie Buddha Bowl

with Charred Corn & Plant-Based Aioli

CLIMATE SUPERSTAR











Sweet Potato

Garlic & Herb Seasoning





Sweetcorn

Firm Tofu



Tex-Mex Spice



Sauce



Shredded Cabbage



Coriander

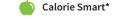


Plant-Based



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

Plant Based\*



\*Custom recipe is not Plant Based or Calorie Smart 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!

**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  $\cdot$  Large frying pan

## Ingredients

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	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		

<sup>\*</sup>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)	<b>514kJ</b> (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





# 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.



- 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.



## 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.



## 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.



## 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.



## 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

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate