



# Japanese Tofu & Sweet Potato Bliss Bowl

with Zingy Sweet Chilli & Sesame Dressing

NEW

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Sweet Potato



Sweet Soy Seasoning



Cucumber



Pea Pods



Lemon



Sweet Chilli Sauce



Japanese Tofu



Deluxe Salad Mix



Sesame Dressing



Mixed Sesame Seeds



Chicken Tenderloins



Japanese Tofu

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



Fill your night with a fresh fusion of Asian-style flavours with this hearty pea pod bliss bowl that won't leave you feeling heavy. Chunks of roasted sweet potato tossed amongst Japanese tofu and other tasty delights will have you savouring every bite.

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Air fryer or oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
sweet soy seasoning	1 sachet	2 sachets
cucumber	1	2
<b>vinegar*</b>		
(white wine or rice wine)	¼ cup	½ cup
pea pods	1 small packet	1 medium packet
lemon	½	1
sweet chilli sauce	1 small packet	1 medium packet
Japanese tofu	1 packet	2 packets
deluxe salad mix	1 medium packet	2 medium packets OR 1 large packet
sesame dressing	1 medium packet	2 medium packets
mixed sesame seeds	1 medium sachet	2 medium sachets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2280kJ (545cal)	230kJ (55cal)
Protein (g)	23.7g	2.4g
Fat, total (g)	25.4g	2.6g
- saturated (g)	3.5g	0.4g
Carbohydrate (g)	50.7g	5.1g
- sugars (g)	28g	2.8g
Sodium (mg)	1407mg	142.1mg
Dietary Fibre (g)	14g	1.4g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the sweet potato

- Set air fryer to **200°C**.
- Cut **sweet potato** into bite-sized chunks.
- In a medium bowl, combine **sweet potato**, **sweet soy seasoning** and a drizzle of **olive oil**.
- Place **sweet potato** into the air fryer basket and cook for **10 minutes**. Shake the basket, then cook until tender, a further **5-10 minutes**.

**TIP:** No air fryer? Preheat oven to 240°C/220°C fan-forced. Prep as above. Place sweet potato on a lined oven tray. Sprinkle with sweet soy seasoning and toss to coat. Roast until tender, 20-25 minutes.

4



## Cook the tofu

- Cut **Japanese tofu** into 2cm chunks.
- When **sweet potato** has **5 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **tofu**, tossing until browned, **3-4 minutes**.

2



## Pickle the cucumber

- Meanwhile, thinly slice **cucumber** into rounds.
- In a second medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to **pickling liquid**. Add enough **water** to just cover cucumber. Set aside.

5



## Toss the salad

- To bowl with dressing, add **deluxe salad mix** and **pea pods**, tossing to combine. Season with **salt** and **pepper** to taste.

3



## Make the dressing

- Slice **lemon** into wedges.
- Trim and roughly chop **pea pods**.
- In a large bowl, combine **sweet chilli sauce**, a good squeeze of **lemon juice** and a drizzle of **olive oil**. Set aside.

6



## Serve up

- Drain pickled cucumber.
- Divide roasted soy sweet potato, Japanese tofu, cucumber and deluxe salad between bowls.
- Drizzle over **sesame dressing** and sprinkle over **mixed sesame seeds** to serve. Enjoy!

### CUSTOM OPTIONS



#### ADD CHICKEN TENDERLOINS

Cut into 2 cm chunks. Before cooking tofu, cook chicken in a frying pan over high heat with a drizzle of oil until cooked through, 3-4 minutes.



#### DOUBLE JAPANESE TOFU

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.



## We're here to help!

Scan here if you have any questions or concerns

