

Sweet Chilli Tofu & Japanese-Style Salad

with Crunchy Fried Noodles & Aioli

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your meal kit with this number

17



Carrot



Long Chilli (Optional)



Japanese Tofu



Sweet Chilli Sauce



Mixed Salad Leaves



Shredded Cabbage Mix



Japanese Style Dressing



Garlic Aioli



Crunchy Fried Noodles



Chicken Breast



Japanese Tofu

Prep in: 15-25 mins
Ready in: 20-30 mins

Carb Smart

In this Japanese-inspired salad, you'll see crunchy slaw mixed in with the best leafy greens, providing the perfect base for sweet chilli glazed tofu. The garnishes truly make this dish sing, so don't forget the additions of chilli and crunchy fried noodles!

Pantry items

Olive Oil, Soy Sauce

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
long chilli (optional)	½	1
Japanese tofu	1 packet	2 packets
sweet chilli sauce	1 packet	1 packet
mixed salad leaves	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
Japanese style dressing	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
garlic aioli	1 medium packet	1 large packet
crunchy fried noodles	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2227kJ (532cal)	330kJ (79cal)
Protein (g)	19.6g	2.9g
Fat, total (g)	37.3g	5.5g
- saturated (g)	4.4g	0.7g
Carbohydrate (g)	28.7g	4.3g
- sugars (g)	16.5g	2.4g
Sodium (mg)	1255mg	185.9mg
Dietary Fibre (g)	8.2g	1.2g

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.

1



Get prepped

- Grate **carrot**.
- Thinly slice **long chilli** (if using).
- Cut **Japanese tofu** into 2cm chunks.

3



Toss the salad

- In a large bowl, combine **carrot, mixed salad leaves, shredded cabbage mix, Japanese style dressing** and the **soy sauce**. Season **pepper** and toss to combine.

2



Cook the tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, tossing, until browned, **3-4 minutes**.
- Remove pan from heat, then add **sweet chilli sauce** and a splash of **water**, tossing **tofu** to coat.

4



Serve up

- Divide Japanese-style salad between bowls.
- Top with sweet chilli tofu and a dollop of **garlic aioli**.
- Garnish with **crunchy fried noodles** and **chilli** (if using) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 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.

