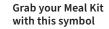


Smokey BBQ Tofu & Corn with All-American Sweet Potato Fries & Slaw











All-American





Spice Blend



Smokey BBQ







Smokey Aioli



Hands-on: 10-20 mins Ready in: 30-40 mins



Plant-Based

The secret to tasty tofu lies in the marinade and the cooking method, and we've got you covered for both. Complete with juicy corn, crisp sweet potato fries, pickled cucumbers and creamy slaw, this dish is a plant-based party on a plate.



Olive Oil, White Wine Vinegar, Plant-Based Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
corn	1 cob	2 cobs	
All-American spice blend	1 sachet	2 sachets	
cucumber	1	2	
white wine vinegar*	1/4 cup	½ cup	
smokey BBQ tofu	1 packet	2 packets	
coriander	1 bag	1 bag	
slaw mix	1 small bag	1 large bag	
plant-based smokey aioli	1 medium packet	1 large packet	
plant-based butter*	15g	30g	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2639kJ (631Cal)	466kJ (111Cal)
Protein (g)	22.1g	3.9g
Fat, total (g)	32.9g	5.8g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	55.3g	9.8g
- sugars (g)	30.5g	9.8g
Sodium (mg)	1011mg	179mg

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.



Bake the fries & corn

- Preheat oven to 220°C/200°C fan-forced.
- Cut sweet potato into fries. Cut corn in half.
- Spread fries and corn on an oven tray lined with baking paper. Sprinkle with the all-American spice blend, drizzle with olive oil, season with a pinch of salt and toss to coat.
- Bake until tender, 25-30 minutes.



Cook the tofu & make the slaw

- When the fries and corn have 10 minutes remaining, heat a large frying pan with a drizzle of olive oil over a medium-high heat.
- Cook tofu, turning occasionally, until golden, 3-4 minutes.
- Roughly chop coriander. In a large bowl, combine coriander, slaw mix, 1/2 the plant-based smokey aioli and a splash of pickling liquid. Toss to combine. Season to taste.



Pickle the cucumber

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

TIP: Slicing the cucumber very thinly helps it pickle faster!
TIP: Toss the cucumber occasionally to coat in the pickling liquid.



Serve up

- Spread each corn cob with plant-based butter. Season.
- · Drain pickled cucumber.
- Divide smokey BBQ tofu, corn, all-American sweet potato fries and slaw between plates. Serve with pickled cucumber and remaining aioli.

Enjoy!