



Smokey BBQ Tofu & Corn

with All-American Sweet Potato Fries & Slaw

Grab your Meal Kit with this symbol



Sweet Potato



Corn



All-American Spice Blend



Cucumber



Smokey BBQ Tofu



Coriander



Slaw Mix



Plant-Based Smokey Aioli

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

Plant-Based

Calorie Smart

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.

Pantry items

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

	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*	¼ 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.

1



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**.

3



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.

2



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.

4



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!