



Asian-Glazed Tofu & Veggie Buddha Bowl

with Mayonnaise & Crispy Shallots

Grab your meal kit with this number

25



Peeled Pumpkin Pieces



Cucumber



Shredded Cabbage Mix



Firm Tofu



Curry Powder



Cornflour



Asian Stir-Fry Sauce



Mayonnaise



Crispy Shallots



Chicken Breast



Chicken Thigh

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

Calorie Smart

There's so much to choose from, where should we start! The roasted pumpkin looks so vibrant, but the curry powder coating on the tofu is making everyone's mouth water. A refreshing pickled cucumber or the sesame slaw could be a relaxing way to start, not to mention the creamy mayo! Let's have it all!

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), Sesame Oil

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled pumpkin pieces	1 medium packet	2 medium packets
cucumber	1 (medium)	1 (large)
vinegar* (white wine or rice wine)	¼ cup	½ cup
shredded cabbage mix	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
firm tofu	½ packet	1 packet
curry powder	2 sachets	4 sachets
cornflour	½ packet	1 packet
Asian stir-fry sauce	½ medium packet	1 medium packet
mayonnaise	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2253kJ (538Cal)	352kJ (84Cal)
Protein (g)	28.7g	4.5g
Fat, total (g)	25.9g	4g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	41.9g	6.5g
- sugars (g)	18.9g	3g
Sodium (mg)	639mg	100mg
Dietary Fibre (g)	3g	0.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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

2024 | CW37



1 Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled pumpkin pieces** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** 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 pumpkin between two trays.



4 Cook the tofu

- When pumpkin has **5 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Dust off any excess **cornflour** and cook **tofu**, tossing occasionally, until browned and warmed through, **3-5 minutes**.



2 Pickle the cucumber

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

TIP: Slicing the cucumber very thinly helps it pickle faster!



5 Glaze the tofu

- Remove **tofu** from the heat, then add **Asian stir-fry sauce** (see ingredients) and a splash of **water**, tossing until coated.



3 Get prepped

- In a second medium bowl, combine **shredded cabbage mix**, the **sesame oil**, a splash of the **cucumber pickling liquid** and a pinch of **salt**.
- Pat **firm tofu** (see ingredients) dry with paper towel. Cut into 1cm cubes.
- In a third medium bowl, add **tofu**, **curry powder** and **cornflour** (see ingredients). Season with **salt** and **pepper**, then gently toss until well coated.



6 Serve up

- Drain pickled cucumber.
- Divide roasted pumpkin, Asian glazed tofu, slaw and pickled cucumber between bowls.
- Top with **mayonnaise** and **crispy shallots** to serve. Enjoy!

CUSTOM OPTIONS

+ ADD CHICKEN BREAST

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

+ ADD CHICKEN THIGH

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

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

