



Sweet Soy Tofu & Carrot Ribbon Salad

with Ponzu Dressing & Coriander

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Lemon



Carrot



Cucumber



Plain Tofu



Ponzu Sauce



Shredded Cabbage Mix



Baby Leaves



Sweet Soy Seasoning



Sesame Dressing



Coriander



Diced Bacon



Chicken Breast

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

Carb Smart

You can't go wrong with tofu. This versatile protein soaks up whatever flavours you add to it, so tonight we've tossed it through sweet and savoury Asian spices. The carrot ribbon salad makes the perfect bed to rest it on, adding sweet freshness to this mouthwatering meal.

Pantry items

Olive Oil, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	1
carrot	1	2
cucumber	1 (medium)	1 (large)
plain tofu	½ packet	1 packet
ponzu sauce	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
shredded cabbage mix	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
sweet soy seasoning	1 sachet	2 sachets
sesame dressing	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1385kJ (331Cal)	364kJ (86Cal)
Protein (g)	14.7g	3.9g
Fat, total (g)	19.5g	5.1g
- saturated (g)	2.8g	0.7g
Carbohydrate (g)	21.4g	5.6g
- sugars (g)	13.1g	3.4g
Sodium (mg)	912mg	239mg
Dietary Fibre (g)	5.8g	1.5g

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.



Get prepped

- Slice **lemon** into wedges. Using a vegetable peeler, peel **carrot** into ribbons. Thinly slice **cucumber**.
- Cut **plain tofu** (see ingredients) into 2cm chunks.



Cook the tofu

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When the oil is hot, cook **tofu**, turning occasionally, **4-5 minutes**.
- Add **sweet soy seasoning** and cook, turning to coat, until fragrant, **1 minute**.



Toss the salad

- In a large bowl, combine **ponzu sauce**, the **sesame oil** and a generous squeeze of **lemon juice**. Add **carrot** and toss to combine.
- Add **cucumber**, **shredded cabbage mix** and **baby leaves** to the **carrot** and toss to combine. Season to taste.



Serve up

- Divide ponzu carrot ribbon salad between bowls.
- Top with sweet soy tofu.
- Drizzle with **sesame dressing**. Tear over **coriander** and serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS

+ ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

+ ADD CHICKEN BREAST

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.

