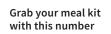


Sweet Soy Tofu & Carrot Ribbon Salad with Ponzu Dressing & Coriander

NEW

CLIMATE SUPERSTAR











Cucumber





Ponzu Sauce







Baby Leaves

Sweet Soy Seasoning





Sesame Dressing

Coriander





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



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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
lemon	1/2	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.



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.



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.



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!







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



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

