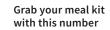


# Vietnamese-Style Tofu & Mint Salad with Crushed Peanuts & Sweet Chilli

**NEW** 

CLIMATE SUPERSTAR



















Sweet Soy

Carrot



Ginger & Lemongrass



Shredded Cabbage





Soy Sauce





**Crushed Peanuts** 



Prep in: 20-30 mins Ready in: 25-35 mins



When it starts to heat up outside, we crave something light and fresh. This Vietnamese-inspired salad bowl ticks both those boxes, with a rainbow of fresh veg, golden chunks of tofu in a fresh and fragrant sauce, and a sprinkle of crushed peanuts for that all-important crunch. Bring on the warm weather, we're ready!

**Pantry items** 

Olive 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	
tomato	1	2	
lemon	1/2	1	
mint	1 packet	1 packet	
carrot	1	2	
plain tofu	½ packet	1 packet	
sweet soy seasoning	1 sachet	2 sachets	
sweet chilli sauce	1 small packet	1 medium packet	
ginger & lemongrass paste	½ medium packet	1 medium packet	
water*	2 tbs	1/4 cup	
shredded cabbage mix	1 medium packet	1 large packet	
baby leaves	1 medium packet	2 medium packets	
soy sauce mix	½ medium packet	1 medium packet	
crushed peanuts	1 packet	2 packets	

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1421kJ (339Cal)	341kJ (81Cal)
Protein (g)	17.4g	4.2g
Fat, total (g)	16.8g	4g
- saturated (g)	2.8g	0.7g
Carbohydrate (g)	26g	6.2g
- sugars (g)	16.2g	3.9g
Sodium (mg)	1030mg	247mg
Dietary Fibre (g)	8.1g	1.9g

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 tomato and lemon into wedges. Pick and thinly slice mint leaves. Using a vegetable peeler, peel carrot into wide ribbons. Cut plain tofu (see ingredients) into 2 cm chunks.
- In a small bowl, combine **sweet chilli sauce**, **ginger & lemongrass paste** (see ingredients), a good squeeze of lemon juice and the water.



#### 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, **5-7 minutes**.
- Add **sweet soy seasoning** and cook, turning to coat until fragrant, **1 minute**.
- Remove pan from heat and add **sweet chilli mixture**, tossing **tofu** to coat.



### Toss the salad

• In a large bowl, combine tomato, carrot, mint, shredded cabbage mix, baby leaves, soy sauce mix (see ingredients) and a drizzle of olive oil. Season with **pepper**.



## Serve up

- · Divide mint salad between bowls.
- Top with Vietnamese-style tofu.
- Garnish with **crushed peanuts**. Serve with any remaining lemon wedges. Enjoy!



# **CUSTOM OPTIONS**

#### **SWAP TO CHICKEN BREAST**

Cut into bite-sized chunks. In a large frying pan, cook with a drizzle of olive oil until browned and cooked through, 3-4 minutes.



#### SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

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

