



# Vietnamese-Style Tofu & Mint Salad

with Crushed Peanuts & Sweet Chili

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Tomato



Lemon



Mint



Carrot



Plain Tofu



Sweet Chili Sauce



Ginger & Lemongrass Paste



Sweet Soy Seasoning



Shredded Cabbage Mix



Baby Leaves



Soy Sauce Mix



Crushed Peanuts



Chicken Breast



Beef Strips

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

Carb Smart

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
tomato	1	2
lemon	½	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
<b>water*</b>	2 tbs	¼ 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](https://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**.



## 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**.



## 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.



## Serve up

- Divide mint salad between bowls.
- Top with Vietnamese-style tofu.
- Garnish with **crushed peanuts**. 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



#### 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.

