

Asian-Glazed Tofu & Veggie Buddha Bowl

with Coconut Sweet Chilli Mayo & Peanuts

Grab your Meal Kit with this symbol



Kumara



Mixed Sesame Seeds



Cucumber



Curry Powder



Cornflour



Asian Stir-Fry Sauce



Coconut Sweet Chilli Mayonnaise



Roasted Peanuts




Shredded Cabbage Mix



Firm Tofu

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

 Carb Smart

There's so much to choose from, where should we start? The roasted kumara looks so vibrant, but the stir-fry glaze 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 coconutty sweet chilli mayo! Let's have it all!

Pantry items

Olive Oil, Rice Wine Vinegar, Sesame Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
kumara	1 (large)	2 (large)
mixed sesame seeds	1 sachet	1 sachet
cucumber	1 (medium)	1 (large)
rice wine vinegar*	¼ cup	½ cup
shredded cabbage mix	1 bag (150g)	1 bag (300g)
sesame oil*	1 tsp	2 tsp
firm tofu	1 packet	2 packets
curry powder	2 sachets	4 sachets
cornflour	½ packet	1 packet
Asian stir-fry sauce	½ packet (50g)	1 packet (100g)
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2637kJ (630Cal)	436kJ (104Cal)
Protein (g)	31.1g	5.1g
Fat, total (g)	37.4g	6.2g
- saturated (g)	5.6g	0.9g
Carbohydrate (g)	35.5g	5.9g
- sugars (g)	20.3g	3.4g
Sodium (mg)	536mg	89mg

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.

1



Roast the kumara

- Preheat oven to **220°C/200°C fan-forced**.
- Peel and cut **kumara** into bite-sized chunks.
- Place kumara on a lined oven tray and sprinkle with **mixed sesame seeds**.
- 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 kumara between two trays.

2



Pickle the cucumber

- Meanwhile, thinly slice **cucumber** into rounds.
- In a medium bowl, combine the **rice wine 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!

3



Get prepped

- In a second medium bowl, combine **shredded cabbage mix**, the **sesame oil**, a splash of the **pickling liquid** and a pinch of **salt**.
- Pat **firm tofu** 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.

4



Cook the tofu

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

5



Glaze the tofu

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

6



Serve up

- Drain pickled cucumber.
- Divide roasted kumara, Asian-glazed tofu, slaw and pickled cucumber between bowls.
- Top with **coconut sweet chilli mayo** and sprinkle over **roasted peanuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2023 | CW03

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate