



Asian-Glazed Tofu & Veggie Buddha Bowl

with Avocado & Peanuts

Grab your Meal Kit with this symbol



Kumara



Mixed Sesame Seeds



Cucumber



Avocado



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

There's so much to choose from, where should we start! The roasted pumpkin looks so vibrant, but the stir-fry glaze on the tofu is making everyone's mouth water. A refreshing pickled cucumber, avocado chunks 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 medium sachet	1 large sachet
cucumber	1 (medium)	1 (large)
avocado	1	2
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)
roasted peanuts	1 packet	2 packets
coconut sweet	1 packet	1 packet
chilli mayonnaise	(50g)	(100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3433kJ (821Cal)	492kJ (118Cal)
Protein (g)	33g	4.7g
Fat, total (g)	57.2g	8.2g
- saturated (g)	10g	1.4g
Carbohydrate (g)	35.5g	5.1g
- sugars (g)	20.3g	2.9g
Sodium (mg)	540mg	77mg

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.



Roast the kumara

- Preheat oven to **220°C/200°C fan-forced**.
- Peel **kumara** and cut 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.



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**.



Pickle the cucumber

- Meanwhile, thinly slice **cucumber** into rounds. Slice **avocado** in half, scoop out flesh and roughly chop.
- 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!



Glaze the tofu

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



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.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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