



# CRUMBED TOFU DIPPERS & FRIES

with Charred Corn Salad & Chipotle Mayo



Crumb tofu to make  
vegetarian nuggets



Hands-on: 25-35 mins  
Ready in: 30-40 mins

Crumbed to golden perfection, these crispy tofu bites are a dippin' delight! We've teamed them with a chipotle mayo to dive into, plus a fresh salad with sweet charred corn kernels and baked potato fries.



Potato



Firm Tofu



Cucumber



Corn



Chives



Mayonnaise



Mild Chipotle  
Sauce



Dijon Mustard



Mixed Salad Leaves



Sweet Mustard  
Spice Blend



Panko Breadcrumbs

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **oven tray** lined with **baking paper** • **large frying pan**



## 1 BAKE THE FRIES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the **fries** on an oven tray lined with baking paper, season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **25-30 minutes**.



## 2 GET PREPPED

While the fries are baking, cut the **firm tofu** (**see ingredients list**) into 0.5cm-thick slices (you should get around 5 slices per person). Roughly chop the **cucumber**. Slice the kernels off the **corn** cob. Finely chop the **chives**. In a small bowl, combine the **mayonnaise** and **mild chipotle sauce**.



## 4 CRUMB THE TOFU

In a shallow bowl, combine the **plain flour**, **sweet mustard spice blend** and the **salt**. In a second shallow bowl, whisk the **egg** with a **dash of water**. In a third shallow bowl, place the **panko breadcrumbs** and season with **salt** and **pepper**. Gently dip the **tofu** pieces into the **flour mixture**, followed by the **egg**, and finally in the **breadcrumbs**. Set aside on a plate.



## 5 COOK THE TOFU

Return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add the crumbed **tofu** and cook until golden, **2-3 minutes** each side. Transfer to a plate lined with paper towel. **TIP:** If your pan is getting crowded, cook in batches for best results!



## 3 MAKE THE SALAD

Heat a large frying pan over a high heat. Add the **corn** kernels and cook until charred, **4-5 minutes**. Transfer to a medium bowl. To the bowl with the **corn**, add the **Dijon mustard** (**see ingredients list**), a **drizzle** of **olive oil** and the **vinegar**. Add the **cucumber**, **mixed salad leaves**, **chives** (reserve some for garnish) and a **pinch of salt** and **pepper**. Just before serving, toss to coat.



## 6 SERVE UP

Divide the fries, charred corn salad and crumbed tofu dippers between plates. Garnish with the reserved chives. Serve with the chipotle mayo.

**ENJOY!**

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
firm tofu	½ block	1 block
cucumber	1 (medium)	1 (large)
corn	1	2
chives	1 bunch	1 bunch
mayonnaise	1 packet (40g)	2 packets (80g)
mild chipotle sauce	1 packet (40g)	2 packets (80g)
Dijon mustard	½ packet (7.5g)	1 packet (15g)
vinegar (white wine or balsamic)*	½ tsp	1 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
plain flour*	2 tsp	4 tsp
sweet mustard spice blend	2 sachets	4 sachets
salt*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3530kJ (844Cal)	475kJ (113Cal)
Protein (g)	56.4g	7.6g
Fat, total (g)	33.9g	4.6g
- saturated (g)	4.6g	0.6g
Carbohydrate (g)	70.4g	9.5g
- sugars (g)	8.0g	1.1g
Sodium (g)	1900mg	256mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://HelloFresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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