



CRUMBED TOFU DIPPERS & FRIES

with Charred Corn Salad & Chipotle Mayo



Crumb tofu to make vegetarian nuggets



Potato



Firm Tofu



Cucumber



Corn



Chives



Mayonnaise



Mild Chipotle Sauce



Dijon Mustard



Mixed Salad Leaves



Sweet Mustard Spice Blend



Panko Breadcrumbs

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

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.

Pantry Staples: Olive Oil, Vinegar (White Wine Or Balsamic), Plain Flour, Egg

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**.



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.



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!*



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://www.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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