



# Thai-Style Tofu Buddha Bowl

with Roasted Sweet Potato & Coconut Dressing

Grab your Meal Kit with this symbol



Sweet Potato



Cucumber



Kaffir Lime Leaves



Malaysian Tofu



Thai Green Curry Paste



Coconut Milk



Slaw Mix

Hands-on: 20-30 mins  
Ready in: 30-40 mins

Spicy (Thai green curry paste)

Low Calorie

Eat the rainbow with this colourful Buddha bowl with a rich coconut curry dressing. The contrast between the crisp slaw, firm tofu and soft roasted sweet potato makes every bite a true delight!

### Pantry items

Olive Oil, Soy Sauce, Sugar

## Before you start

Our fruit and veggies need a little wash first!

### You will need

Oven tray lined with baking paper ·  
Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
cucumber	1	2
kaffir lime leaves	2 leaves	4 leaves
Malaysian tofu	1 packet	2 packets
Thai green curry paste	¼ tin	½ tin
coconut milk	1 tin (165ml)	1 tin (400ml)
soy sauce*	1 tsp	2 tsp
sugar*	1 tsp	2 tsp
slaw mix	1 bag (150g)	1 bag (300g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2150kJ (515Cal)	394kJ (94Cal)
Protein (g)	23.6g	4.3g
Fat, total (g)	24.1g	4.4g
- saturated (g)	11.4g	2.1g
Carbohydrate (g)	45.8g	8.4g
- sugars (g)	22.9g	4.2g
Sodium (g)	1250mg	229mg

### Allergens

For allergens and ingredient information, visit  
[HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



## 1. Roast the sweet potato

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

**TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time.



## 2. Get prepped

While the sweet potato is roasting, roughly chop the **cucumber**. Remove the centre veins from the **kaffir lime leaves**, then very finely chop. Quarter each piece of **Malaysian tofu**.

**TIP:** The kaffir lime leaves are fibrous so you want to chop them as finely as possible.



## 3. Make the dressing

**SPICY!** The curry paste is spicy, use less if you're sensitive to heat. In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **Thai green curry paste** (see ingredients list) and **kaffir lime**. Cook, stirring, until fragrant, **1 minute**. Add the **coconut milk**, **soy sauce** and **sugar** and stir to combine. Simmer until thickened, **2-3 minutes**, then transfer to a bowl to cool.

**TIP:** Stand back, the curry paste can spit a bit!



## 4. Cook the tofu

When the sweet potato has **5 minutes** cook time remaining, wash the pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **Malaysian tofu** and cook, tossing, until browned, **4 minutes**.



## 5. Dress the salad

In a medium bowl, combine the **slaw mix** with **1/2 the coconut curry dressing**. Toss to coat.



## 6. Serve up

Divide the slaw between bowls and top with the sweet potato, Malaysian tofu and cucumber. Spoon over the remaining coconut curry dressing.

**Enjoy!**