



# TOFU & SWEET POTATO BUDDHA BOWL

with Peanut Dressing



Make a homemade peanut dressing



Sweet Potato



Malaysian Tofu



Asian Greens



Coriander



Long Red Chilli (Optional)



Garlic



Lime



Shredded Red Cabbage



Dark Roasted Peanut Butter

- Hands-on: 20-30 mins  
Ready in: 30-40mins
- Spicy (optional long red chilli)
- Low calorie

This bountiful tofu Buddha bowl looks hip, tastes incredible and ticks off all the colours of the rainbow. Looks, flavours and good nutrition – we reckon that’s a bowl for the keeping.

**Pantry Staples:** Olive Oil, Rice Wine Vinegar (Or White Wine Vinegar), Brown Sugar, Soy Sauce

## 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** • **medium frying pan**



### 1 ROAST THE SWEET POTATO

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 2cm 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 spread out in a single layer and roast until tender, **20-25 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, cut each piece of **Malaysian tofu** into quarters. Roughly chop the **Asian greens**. Roughly chop the **coriander**. Thinly slice the **long red chilli** (if using). Finely chop the **garlic** (or use a garlic press). Cut the **lime** in half. In a medium bowl, combine the **rice wine vinegar** with a **generous drizzle of olive oil**. Season with **salt and pepper**. Add the **shredded red cabbage** and toss to coat. Set aside.



### 3 MAKE THE DRESSING

In a separate medium bowl, combine the **dark roasted peanut butter**, **brown sugar**, **hot water**, a **good squeeze of lime juice** and **1/2 the soy sauce** using a whisk or fork. Set aside. **TIP:** Using hot water and a whisk will make the dressing easier to mix. Add a dash more water if you prefer a runnier consistency.



### 4 FRY THE TOFU

When the sweet potato has **10 minutes** cook time remaining, heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **tofu** and cook, tossing, until browned, **4 minutes**. Transfer to a plate and set aside.



### 5 COOK THE GREENS

Return the pan to a medium-high heat with a **drizzle** more **olive oil**. Add the **Asian greens** and **garlic** and cook until slightly wilted and fragrant, **1-2 minutes**. Add the **remaining soy sauce** and stir to combine.



### 6 SERVE UP

Divide the roasted sweet potato, red cabbage, Asian greens and Malaysian tofu between bowls. Drizzle with the peanut dressing and sprinkle with the coriander and chilli (if using).

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
Malaysian tofu	1 block	2 blocks
Asian greens	1 bunch	2 bunches
coriander	1 bag	1 bag
long red chilli (optional)	1	2
garlic	1 clove	2 cloves
lime	1	2
rice wine vinegar* (or white wine vinegar)	2 tsp	1 tbs
shredded red cabbage	1 bag (150g)	1 bag (300g)
dark roasted peanut butter	1 tub (40g)	2 tubs (80g)
brown sugar*	1½ tsp	3 tsp
hot water*	2 tbs	½ cup
soy sauce*	3 tsp	1½ tbs

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2020kJ (482Cal)	417kJ (100Cal)
Protein (g)	27.7g	5.7g
Fat, total (g)	20.1g	4.2g
- saturated (g)	2.9g	0.6g
Carbohydrate (g)	46.2g	9.6g
- sugars (g)	23.8g	4.9g
Sodium (g)	883mg	182mg

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

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