



# PEKING-STYLE TOFU & SWEET CHILLI PUMPKIN SALAD

with Ginger Dressing & Peanuts



Make a hot oil dressing with ginger



Peeled & Chopped Pumpkin



Sweet Chilli Sauce



Ginger



Garlic



Long Red Chilli (Optional)



Lemon



Peking Marinated Tofu



Cucumber



Tomato



Mint



Mixed Salad Leaves



Crushed Peanuts

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

Low calorie

Spicy (optional long red chilli)

There's a reason they call it dressing – salad would be naked without it! This one uses a clever technique of pouring hot oil over grated ginger and garlic – the oil cooks the aromatic ingredients and creates a unique mixture that you'll want to drizzle over everything.

**Pantry Staples:** Olive Oil, Sesame Oil (or Oil), Soy Sauce, Brown Sugar

## 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 PUMPKIN

Preheat the oven to **220°C/200°C fan-forced**. In a medium bowl, combine the **peeled & chopped pumpkin**, **sweet chilli sauce** (see ingredients list), a **drizzle of olive oil** and a **pinch of salt and pepper**. Spread out the **pumpkin** over an oven tray lined with baking paper. Roast until tender and lightly caramelised, **20-25 minutes**.



### 2 GET PREPPED

While the pumpkin is roasting, finely grate the **ginger** and **garlic** (or use a garlic press). Finely chop the **long red chilli** (see ingredients list), if using. Zest the **lemon** (see ingredients list) to get a **pinch**, then slice in half. Drain the **Peking marinated tofu**, then cut into 2cm cubes. In a medium bowl, combine the **ginger, garlic, chilli** (if using) and a **pinch of lemon zest** and set aside.



### 3 MAKE THE GINGER DRESSING

In a medium frying pan, heat the **sesame oil** over a high heat, **30 seconds**. When the oil is hot, carefully pour the **oil** into the bowl with the **ginger mixture**. **TIP:** *The hot oil will bubble up and 'cook' the garlic, ginger and chilli.* Add the **soy sauce, brown sugar** and a **squeeze of lemon juice** to the bowl with the **ginger mixture**. Mix well and set aside.



### 4 COOK THE TOFU

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **tofu** and cook until browned and warmed through, **4 minutes**.



### 5 MAKE THE SALAD

Thinly slice the **cucumber** into half-moons. Roughly chop the **tomato**. Pick and thinly slice the **mint** leaves (reserve a few leaves for garnish). In a large bowl, combine the **mixed salad leaves, cucumber, tomato, mint, sweet chilli pumpkin** and **tofu**. Pour over the **ginger dressing** and toss to coat.

**TIP:** *Let the pumpkin, tofu and dressing cool slightly before adding to the salad to keep the leaves crisp.*



### 6 SERVE UP

Divide the Peking-style tofu salad between plates and top with the **crushed peanuts** and any reserved mint leaves.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

|                            | 2P              | 4P              |
|----------------------------|-----------------|-----------------|
| olive oil*                 | refer to method | refer to method |
| peeled & chopped pumpkin   | 1 packet (200g) | 1 packet (400g) |
| sweet chilli sauce         | ½ packet (25g)  | 1 packet (50g)  |
| ginger                     | 1 knob          | 2 knobs         |
| garlic                     | ½ clove         | 1 clove         |
| long red chilli (optional) | ½               | 1               |
| lemon                      | ½               | 1               |
| Peking marinated tofu      | 1 block         | 2 blocks        |
| sesame oil* (or oil)       | 1 tbs           | 2 tbs           |
| soy sauce*                 | 1 tbs           | 2 tbs           |
| brown sugar*               | 1 tsp           | 2 tsp           |
| cucumber                   | 1               | 1               |
| tomato                     | 1               | 2               |
| mint                       | 1 bunch         | 1 bunch         |
| mixed salad leaves         | 1 bag (60g)     | 1 bag (120g)    |
| crushed peanuts            | 1 packet        | 2 packets       |

\*Pantry Items

| NUTRITION        | PER SERVING     | PER 100G      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 1470kJ (350Cal) | 358kJ (85Cal) |
| Protein (g)      | 16.7g           | 4.1g          |
| Fat, total (g)   | 18.1g           | 4.4g          |
| - saturated (g)  | 2.6g            | 0.6g          |
| Carbohydrate (g) | 27.3g           | 6.7g          |
| - sugars (g)     | 21.1g           | 5.2g          |
| Sodium (g)       | 954mg           | 233mg         |

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  
[Hello@HelloFresh.co.nz](mailto:Hello@HelloFresh.co.nz)

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