



# Wombok super salad

with crispy tofu and chilli



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large frying pan



Pantry items needed: vegetable oil



Hands-on: 20-25 minutes  
Ready in: 20-25 minutes



Serves: 2 or 4

This colourful, vibrant salad features pan-fried tofu with a hint of Chinese five spice, a rainbow of vegetables finished off with crunchy peanuts and a tangy chilli lime dressing. The array of fresh vegetables are rich in antioxidants, minerals and prebiotic fibre making this dish not only tasty but a vitamin and mineral powerhouse too.

NO ADDED GLUTEN | HIGH PROTEIN | CALORIE SMART | Spicy (mild)

## Before you start

Read through the recipe and give your fresh produce a wash.

## Ingredients

	2 serves	4 serves
Wombok	220g	440g
Red cabbage	275g	550g
Shallots	25g	50g
Carrot	120g	240g
Cucumber	100g	200g
Mint	15g	30g
Coriander	15g	30g
Lime	80g	160g
Garlic	4g	8g
Roasted peanuts	1 packet	1 packet
Tofu	1 packet	1 packet
Red chilli	5g (half)	5g
Chilli lime dressing base	1 tub	1 tub
Tofu coating	1 packet	1 packet
Vegetable oil*	1 tbsp	2 tbsp

\* Pantry items

### Allergens and ingredients

Allergens: peanut, soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

# Instructions

## 1. Prepare vegetables

Finely slice **wombok**, **red cabbage** and **shallots**. Grate or julienne **carrot** (tip 1). Halve **cucumbers** lengthwise and slice. Mix the chopped vegetables together in a large bowl. Roughly chop **mint** and **coriander** leaves, setting a small amount aside for garnish. Juice **lime**. Mince **garlic**. Deseed and finely chop **chilli** (use  $\frac{1}{2}$  for 2 serves and 1 for 4 serves) (tip 2). Roughly chop **roasted peanuts**.

## 2. Cook tofu

Wrap **tofu** a clean tea towel or kitchen paper towel. Place a heavy weight (such as a plate or chopping board) on top for **3 minutes** to remove excess moisture. Lay **tofu** flat and slice in horizontally into 1cm-thick slices. In a bowl, add **tofu coating** and dab each **tofu** slice in **mix** to coat.

In a large frying over medium heat, add **vegetable oil\***. Place the **tofu** into pan and cook for **3 minutes** until golden brown on each side. When cooked, remove **tofu** from pan and slice into triangles.

## 3. Prepare dressing

In a bowl, add **chilli lime dressing base**, **garlic**, **chilli** and **lime juice** and whisk to combine.

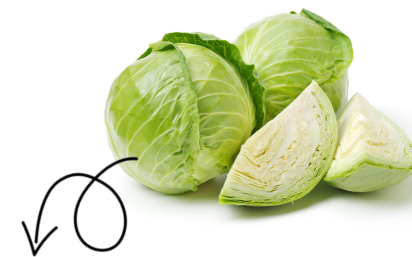
## 4. Serve

Assemble **wombok super salad** on a platter or in individual bowls. Top with **tofu**, **peanuts**, and remaining **coriander** and **mint**.

### Cooking tips

1. You can speed up this process if you have a mandolin or a food processor. For the food processor, use the slicing attachment for the wombok, cabbage and shallots and the grating attachment for the carrot.
2. Slice the chilli lengthways through the centre. Hold the top of the chilli and use a teaspoon to scrape out the pith and the seeds. If you prefer a medium heat, do not deseed before slicing.

Eat your way  
to healthy!



**Cabbage** is extremely low in calories but packed full of nutrients essential for many important processes in the body. Half a cup of cooked cabbage has about a third the vitamin C you need for the day. It also gives you doses of potassium, magnesium, vitamins A, B9, K and more.

Cabbage also contains glucosinates, a substance that our bodies converts into cancer fighters. Its high fibre content will keep your digestion very happy, help control your blood sugar and potentially lower your 'bad' LDL cholesterol.

## Nutritional information\*

	Per 470g serve	Per 100g
Energy	2144kJ (513Cal)	456kJ (109Cal)
Protein	29.3g	6.2g
Fat, total	29.3g	6.2g
- Saturated	3.5g	0.7g
Carbohydrate	36.0g	8.0g
- Sugars	17.0g	4.0g
Sodium	1928mg	410mg

\* Nutritional information is based on averages