



Smoky Shish Style Tofu Loaded Flatbreads with Houmous, Roasted Garlic Tzatziki and Pickled Onion Salad

Veggie Street Food

40-45 Minutes • 2 of your 5 a day • Veggie

37



Potatoes



Garlic Clove



Red Onion



Red Wine Vinegar



Firm Tofu



Roasted Spice and Herb Blend



Baby Cucumber



Greek Style Natural Yoghurt



Smoky Base Paste



Honey



Greek Style Flatbreads



Houmous



Baby Leaf Mix

Ingredient Spotlight: Add a smoky depth of flavour to your dish with the Smoky Base Paste. This paste is made with paprika and smoked salt to bring umami notes to your food. Scan the QR code and let us know what you think!



Pantry Items

Oil, Salt, Pepper, Sugar, Plain Flour, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, aluminium foil, bowl, kitchen paper, frying pan and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	3	4	5
Red Onion**	1	1½	2
Red Wine Vinegar 14)	24ml	36ml	48ml
Firm Tofu** 11)	280g	420g	560g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Baby Cucumber**	1	1½	2
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Smoky Base Paste	1 sachet	1½ sachets	2 sachets
Honey	15g	22g	30g
Greek Style Flatbreads 13)	2	3	4
Houmous** 3)	100g	150g	200g
Baby Leaf Mix**	20g	40g	50g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2tsp
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	740g	100g
Energy (kJ/kcal)	3890 /930	526 /126
Fat (g)	33.0	4.5
Sat. Fat (g)	6.9	0.9
Carbohydrate (g)	110.5	14.9
Sugars (g)	22.7	3.1
Protein (g)	45.5	6.1
Salt (g)	2.18	0.29

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **7)** Milk **11)** Soya **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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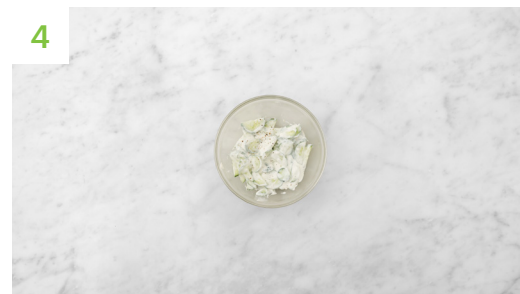
Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Tzatziki Time

While the **tofu** is cooking, trim the **cucumber**, then halve lengthways. Thinly slice widthways.

In a small bowl, combine the **cucumber** and **yoghurt**. Season with **salt** and **pepper**, mix well and set aside.

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Stir through the **cucumber yoghurt**, then set your **tzatziki** aside.



Get in a Pickle

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Add the **parcel** to the **chip** baking tray and roast until soft, 10-12 mins.

Meanwhile, halve, peel and slice the **red onion** as thinly as you can.

Pop it into a large bowl and add the **red wine vinegar** and **sugar for the pickle** (see pantry for amount). Add a pinch of **salt**, mix together and set aside to **pickle**.



Finishing Touches

Once the **tofu** is cooked, remove it from the heat. Add the **smoky base paste** and **honey** to the pan and turn to evenly coat. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Add a splash of **water** if it's a little too thick.

Pop the **flatbreads** (1 per person) into the oven until warm and starting to turn golden, 3-4 mins.



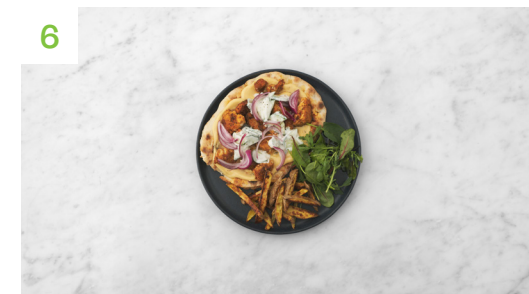
Tear it Up

Meanwhile, drain the **tofu** and thoroughly pat dry with kitchen paper. Tear into 3cm chunks.

Add the **tofu** to a medium bowl with the **flour** (see pantry for amount) and the **roasted spice and herb blend**. Season with **salt** and **pepper**, then toss to coat.

Heat a generous drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, fry the **tofu** until slightly crispy, 8-10 mins. Turn frequently to ensure it doesn't burn.



Serve Up

When everything's ready, share your **flatbreads** between your serving plates and spread over the **houmous**.

Top with the **smoky sticky tofu**, a spoonful of **tzatziki** and a some of the **pickled onions**.

Toss the **baby leaves** and **olive oil** (see pantry for amount) through the remaining **pickled onion** to make your **salad**.

Serve your **shish style flatbreads** with the **salad** and **chips** alongside.

Enjoy!