



SMOKY MEXICAN TOFU JUMBLE

with Charred Sweetcorn and Roasted Sweet Potato

NUTRITIONIST APPROVED



HELLO TOFU

Tofu, is produced from soy and is a great meat substitute, containing all the essential amino acids. Tofu is a great source of protein,



Baby Gem Lettuce



Hot Habanero Salsa



Vine Tomato



Lime



Smoked Tofu



Coriander



Sweetcorn



Mexican Spice



Diced Sweet Potato



Red Onion

MEAL BAG

30 mins

4.5 of your 5 a day

Very hot

Balanced

Under 550 calories

Vegan

Light, flavoursome, protein-rich and quick to cook, our Mexican tofu jumble is a real weeknight winner. Smoked tofu, roasted sweet potato, charred sweetcorn, red onion and fresh tomato are combined in a delicious 'jumble' to form the delicious filling for the lettuce wraps that are served with wedges of fresh lime and a spicy habanero salsa. When stir-frying tofu, a fail-safe tip for perfectly crispy cubes is draining the tofu before you add it to your pan or wok, squeezing out as much of the moisture as possible without breaking it. Make sure you keep your pan as hot as possible and move the tofu around the pan quickly, so it doesn't burn.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Sieve, Kitchen Paper, Fine Grater** and **Large Frying Pan**. Now, let's get cooking!



1 ROAST THE SWEET POTATO

Preheat your oven to 200°C. Pop the **sweet potato** on a baking tray and drizzle on a splash of **oil**. Season with **salt, pepper** and **half** the **Mexican spice**. Rub the **flavourings** all over and roast on the top shelf of the oven until soft and golden, 15-20 mins. Turn halfway through cooking. Drain and rinse the **sweetcorn** using a sieve and pat dry with kitchen paper.



2 PREP TIME

Halve, peel and thinly slice the **red onion**. Drain the **smoked tofu**, pat dry with kitchen paper. Chop into 1cm chunks. Keep to one side. Chop the **tomatoes** into small chunks and pop into a bowl. Season with a pinch of **salt** and grate in the **zest** of the **lime**. Roughly chop the **coriander** (stalks and all) and add **half** to the bowl with the **tomatoes**. Stir to combine and set to one side.



3 CHAR THE SWEETCORN

Pop a large frying pan over high heat (no oil). Pop the **sweetcorn** into the pan with a large pinch of **salt**. Cook, stirring frequently, for 3-4 mins until slightly charred and starting to pop. Tip into a new, empty bowl and set aside. Wipe out the pan. Heat a splash of **oil** in your now empty frying pan over medium-high heat. When hot, add the **tofu** and cook, stirring frequently until starting to colour, 3-5 mins.



4 SPICE UP THE TOFU SALAD!

Once the **tofu** has coloured, add the **red onion** and remaining **Mexican spice**, stir and cook until the **onion** is soft, 5-6 mins. Season with **salt** and **pepper** and remove from the heat. Meanwhile, trim the root from the **baby gem lettuce** then separate the **leaves**. Chop the **lime** into wedges. Have a quick tidy up while you have time.



5 JUMBLE TIME

When the **sweet potato** is ready, add it to the frying pan along with the **sweetcorn** and mix into the **tofu** and **onion**. Return to a medium heat stirring carefully until everything is piping hot, 2-3 mins. Remove from the heat and stir through the **chopped tomato, juices** and all!



6 FINISH AND SERVE

Divide the **lettuce leaves** between your plates, arranging them in a single layer. Spoon the jumble on top of your **lettuce** and finish with a sprinkling of the remaining **coriander**. Drizzle the **habanero salsa** over the top and serve the **lime wedges** alongside. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Baby Gem Lettuce *	1	2	2
Hot Habanero Salsa	2 pots	3 pots	4 pots
Vine Tomato	2	3	4
Lime *	1	1	2
Smoked Tofu ¹¹⁾ *	1 block	1½ blocks	2 blocks
Coriander *	1 bunch	1 bunch	1 bunch
Sweetcorn	1 carton	1½ cartons	2 cartons
Mexican Spice	1 small pot	¾ large pot	1 large pot
Diced Sweet Potato *	1 small pack	1 medium pack	1 large pack
Red Onion *	1	1½	2

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 618G	PER 100G
Energy (kJ/kcal)	1764 / 422	286 / 68
Fat (g)	13	2
Sat. Fat (g)	2	1
Carbohydrate (g)	53	9
Sugars (g)	22	4
Protein (g)	22	4
Salt (g)	2.89	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

¹¹⁾ Soya

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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