

DINNERLY



⚡ FAST

Sesame Tofu Subs with Mixed Leaves and Asian Dressing

🕒 20-30 minutes 🍴 2 Servings

Tuck into our playful vego-version of a bulgogi bun. Fluffy subs stuffed with sesame crusted honey-soy tofu and Asian-style salad, slathered with gochujang mayo for a meat-free treat.

WHAT WE SEND

- 200g honey soy tofu ^{1,6,11}
- 5g sesame seed mix ¹¹
- 2 sandwich rolls ^{1,6}
- 1 carrot
- 30g Korean chilli paste ^{1,6}
- 70g mixed salad leaves

WHAT YOU NEED

- egg ³
- garlic clove
- Australian honey
- soy sauce ⁶
- vegetable oil
- white vinegar

TOOLS

- large frypan
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 945kcal, Fat 48.3g, Carbs 76.1g, Proteins 38.2g



1. Prep ingredients

Preheat the oven to 180C. Peel the **carrot**, then shred with a julienne peeler or coarsely grate with a box grater. Crush or finely chop **half a garlic clove**. Put **three-quarters of the sesame seeds** on a plate and press one side of the **tofu** into the seeds to lightly coat.



2. Warm rolls

Halve the **rolls** through the middle. Put on an oven tray and bake for 8 mins or until warmed through and crusty.



3. Make dressing

Meanwhile, combine the **garlic**, **1 tbs white vinegar**, **2 tsp soy sauce** and **1 tsp honey** in a large bowl. Add the **carrot**, season with **pepper** and toss to combine. Combine **half the chilli paste** (see Make it yours) and **2 tbs mayonnaise** in a separate bowl.



4. Cook eggs and tofu

Heat **2 tsp vegetable oil** in a large frypan over medium heat. Crack **2 eggs** into the pan and cook for 3-4 mins until just set, or until cooked to your liking. Remove from the pan. Heat **1 tbs vegetable oil** in the pan over high heat. Cook the **tofu** for 1-2 mins each side or until golden and warmed through. Remove the pan from the heat.



5. Assemble and serve up

Spread the **rolls** with the **chilli mayonnaise**. Add the **salad leaves** to the **carrot mixture** and toss to coat. Fill the **rolls** with the **carrot salad**, **sesame tofu** and **fried eggs**. Drizzle with any **remaining dressing** and scatter over the **remaining sesame seeds**. Enjoy!



6. Make it yours

Korean chilli paste, also known as gochujang, is a sweet and spicy condiment that packs a punch. If you are heat-averse, add this to taste. The remaining chilli paste won't be used in this dish. Make it the full bulgogi experience by adding bean sprouts, spring onion and fresh herbs to your sandwich.