



Tofu tonkatsu

with Japanese potato salad



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray, large pot



Pantry items needed: olive oil spray, plain flour, unsweetened soy milk, apple cider vinegar/white vinegar, salt



Hands-on: 20 minutes
Ready in: 40 minutes



Serves: 2 or 4

Tonkatsu is a classic yōshoku-style meal, meaning a Japanese dish influenced by Western cooking. Our baked tofu version brings crispy panko coated tofu served with potato salad, made with our house-made Japanese mayonnaise dressing. A meal to be enjoyed by all!

HIGH PROTEIN | Adventurous

Before you start

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

Ingredients

	2 serves	4 serves
Olive oil spray*	2 tbsp	4 tbsp
Potato	600g	1200g
Salt for potato*	1 tsp	2 tsp
Firm tofu	1 packet	1 packet
Plain flour*	3 tbsp	6 tbsp
Unsweetened soy milk*	100ml	200ml
Apple cider / white vinegar*	½ tsp	1 tsp
Panko breadcrumbs	1 packet	1 packet
Corn kernels	1 can	2 cans
Carrot	120g	240g
Spring onion	10g	20g
Salt for carrot*	¼ tsp	½ tsp
Japanese potato salad dressing	1 tub	1 tub
Tonkatsu sauce	1 tub	1 tub

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy.

May contain traces of other allergens.

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

Instructions

1. Cook potatoes

Preheat oven to 220°C and grease a baking tray with **olive oil spray*** (tip 1). Peel and quarter **potato**. In a large pot, add **potato, salt for potato*** and enough water to cover. Bring to a boil, reduce to a simmer and cook until **potato** can be pierced easily with a knife, about **15 minutes**. Drain and allow to steam dry.

2. Make katsu

With **tofu** block/s laying flat, slice horizontally to create two thick slices. Sprinkle **plain flour*** onto a plate. In a shallow bowl, add **soy milk*** and **vinegar*** and stir to combine. Pour **panko breadcrumbs** onto another plate. Working one at a time, dip **tofu** slices into **flour**, flipping over to coat all sides. Then dip into **soy milk** mixture (tip 2), and finally into **breadcrumbs**. Place **tofu** slices 2cm apart on baking tray and spray with additional **olive oil spray***. Bake on top rack of oven for **15 minutes**. Carefully flip, spray again with **olive oil spray*** and cook for a further **10 minutes**, or until lightly golden and crispy on both sides.

3. Prepare vegetables

Drain and rinse **corn**. Peel **carrot**, quarter lengthways and finely slice. Finely chop **spring onion**. In a bowl, add **carrot** and **salt for carrot***. Massage with your hands and allow to rest for **10 minutes**. Drain and rinse.

4. Make potato salad

Return **potato** back to pot and roughly mash (until about ¾ smooth). Add **corn, carrot, spring onion** and **Japanese potato salad dressing** and stir to combine thoroughly.

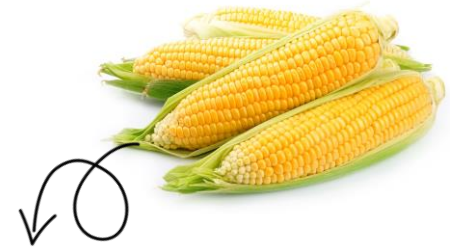
5. Serve

Slice **tofu tonkatsu** into thick slices on the diagonal. Serve with **Japanese potato salad** and **tonkatsu sauce** on the side.

Cooking tips

1. If you don't have olive oil spray, you can use olive oil to drizzle over or gently spread using a pastry brush.
2. Keep one hand for dry mixtures and one hand for wet mixtures to avoid battering your fingers!

Eat your way
to healthy!



Corn is rich in fibre and vitamin C. It also contains many other vitamins as well as minerals and antioxidants, including vitamin C, A, B3, B5, B6, B9, E and K, magnesium, manganese, potassium, zinc, copper and iron.

Corn has been linked to better gut health, improved heart and eye health, lower blood pressure and lower risk of certain cancers and type 2 diabetes.

Nutritional information*

	Per 585g serve	Per 100g
Energy	4062kJ (695Cal)	971kJ (166Cal)
Protein	42.5g	7.3g
Fat, total	49.8g	8.5g
- Saturated	6.6g	1.1g
Carbohydrate	82g	14g
- Sugars	16g	3g
Sodium	1749mg	299mg

* Nutritional information is based on averages