



Everything
But The Chef

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Tofu & Hokkien Noodle Stir Fry

Use your noodle and choose noodles! This sumptuous stir fry is a veritable greatest hits of delicious flavours and fresh crispy veggies. We're so excited to bring you this Thai chilli jam – the perfect balance of spicy and tasty. After this, we reckon you'll be losing your local takeaway's number and cooking this all the time.

Prep: 15 mins
Cook: 10 mins
Total: 25 mins
 level 1
vegan
lactose free
spicy

Pantry Items: Vegetable Oil, Soy Sauce



Tofu



Fresh Hokkien Noodles



Carrot



Asian Greens



Spring Onions



Garlic



Thai Chilli Jam



Roasted Cashews



Lemon



Basil

2P	4P	Ingredients
1 tbs	2 tbs	vegetable oil *
½ block	1 block	tofu, cubed
⅔ packet	1 ½ packets	fresh hokkien noodles
1	2	carrot, peeled & diagonally sliced
1 bunch	2 bunches	Asian greens, trimmed & halved
1 bunch	2 bunches	spring onions, diagonally sliced
1 clove	2 cloves	garlic, peeled & crushed
2 tbs	4 tbs	Thai chilli jam
2 tbs	3 tbs	soy sauce *
¼ cup	½ cup	roasted cashews
½	1	lemon, juiced
1 bunch	2 bunches	basil, leaves picked

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2170	Kj
Protein	20.6	g
Fat, total	20.7	g
-saturated	3.2	g
Carbohydrate	57.3	g
-sugars	13.4	g
Sodium	692	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, vegetable peeler, garlic crusher, large wok or frying pan, spatula, heatproof bowl, plate and a small bowl.*

1 Bring a kettle full of water to the boil.

2 Heat half of the **vegetable oil** in a large wok or frying pan over a medium-high heat. Add the **tofu** and stir fry for **1-2 minutes** or until golden. Remove from the pan and place on a plate.

3 Place the **fresh hokkien noodles** in a heatproof bowl, pour over the boiling water and soak for **1 minute**. Drain.

4 In a small bowl, combine the **Thai chilli jam** and **soy sauce** with a splash of water.

5 Heat the remaining vegetable oil in the same wok. Add the **carrot, Asian greens, spring onion** and **garlic** and stir fry for **1 minute**. Add the noodles and stir fry for a further **1 minute**. Add the chilli jam mixture to the wok with the **roasted cashews** and tofu. Stir fry for **1-2 minutes** or until heated through and well combined. Add the **lemon juice** and remove from the heat. Fold through the **basil leaves**.

6 Divide the noodle stir fry between serving bowls.



Did you know? The noodle is a symbol of long life in Chinese culture, and is traditionally served for birthdays and new year celebrations to represent longevity.