



Tofu & Coconut Curry Noodles

with Easy-Prep Veggies & Crispy Shallots

Grab your Meal Kit with this symbol



Egg Noodles



Japanese Tofu



Cornflour



Carrot & Zucchini Mix



Ginger Paste



Katsu Paste



Coconut Milk



Baby Spinach Leaves



Sweet Chilli Sauce



Crispy Shallots



Beef Strips

Prep in: **10-20** mins
Ready in: **25-35** mins

It's easy to make a curried noodle dish when you have a can of coconut milk, plus our katsu and ginger pastes handy. Top the saucy noodles with tofu that's crisp on the outside and tender on the inside, thanks to a quick cornflour coating.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
egg noodles	1 medium packet	2 medium packets
Japanese tofu	1 packet	2 packets
cornflour	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
carrot & zucchini mix	1 medium bag	1 large bag
ginger paste	1 medium packet	1 large packet
katsu paste	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
baby spinach leaves	1 small bag	1 medium bag
sweet chilli sauce	1 medium packet	2 medium packets
crispy shallots	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

* Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3117kJ (745Cal)	604kJ (144Cal)
Protein (g)	27.2g	5.3g
Fat, total (g)	32.9g	6.4g
- saturated (g)	18.4g	3.6g
Carbohydrate (g)	91.5g	17.7g
- sugars (g)	23.9g	4.6g
Sodium (mg)	2198mg	426mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3178kJ (759Cal)	588kJ (140Cal)
Protein (g)	42.1g	7.8g
Fat, total (g)	30.3g	5.6g
- saturated (g)	19.8g	3.7g
Carbohydrate (g)	86.9g	16.1g
- sugars (g)	21.6g	4g
Sodium (mg)	1798mg	332mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**. Drain, rinse and set aside.
- Meanwhile, cut **Japanese tofu** into bite-sized chunks.

3



Cook the veggies & sauce

- Wipe out frying pan, then return pan to high heat with a drizzle of **olive oil**. Cook **carrot & zucchini mix**, tossing, until tender, **5-6 minutes**.
- Add **ginger paste** and cook until fragrant, **1 minute**.
- Stir in **katsu paste**, **coconut milk** and the **soy sauce** until combined and heated through, **2-3 minutes**.
- Add **cooked noodles** and **baby spinach leaves**. Cook, stirring, until spinach is wilted, **1 minute**.

2



Cook the tofu

- In a medium bowl, combine **tofu**, **cornflour**, the **salt** and a pinch of **pepper**.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. When oil is hot, shake excess **flour** off **tofu** and cook, tossing, until browned, **3-4 minutes**.
- Transfer **tofu** to a paper towel-lined plate. Cover to keep warm.

Custom Recipe: If you've swapped to beef strips, coat with cornflour and season as above. In a large frying pan, heat a drizzle of olive oil over high heat. Cook beef strips, in batches (this helps the beef stay tender), tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate.

4



Serve up

- Divide coconut curry noodles between bowls. Top with tofu.
- Drizzle with **sweet chilli sauce**. Sprinkle with **crispy shallots** to serve. Enjoy!

Custom Recipe: Top coconut curry noodles and tofu with beef strips.

Rate your recipe

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