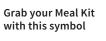


with Veggies

NEW

















Malaysian Tofu

Long Chilli (Optional)







Peanut Butter

Konjac Noodles



Hoisin Sauce



Baby Spinach Leaves





Prep in: 20-30 mins Ready in: 25-35 mins

*Custom Recipe only



Squeaky tofu stands up so well to our top secret peanut concoction and when paired with konjac noodles and only the best veggies, you'll be slurping, crunching and soaking up every bit of goodness in this bowl.

Olive Oil, Soy Sauce

Pantry items



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

Large saucepan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
zucchini	1	2		
long chilli ∮ (optional)	1/2	1		
Malaysian tofu	1 packet	2 packets		
konjac noodles	1 medium packet	2 medium packets		
boiling water*	½ cup	1 cup		
peanut butter	1 packet	2 packets		
soy sauce*	1 ½ tbs	3 tbs		
hoisin sauce	1 packet	2 packets		
baby spinach leaves	1 small bag	1 medium bag		
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1643kJ (393Cal)	346kJ (83Cal)
Protein (g)	18.6g	3.9g
Fat, total (g)	17.9g	3.8g
- saturated (g)	2.8g	0.6g
Carbohydrate (g)	35.5g	7.5g
- sugars (g)	27.1g	5.7g
Sodium (mg)	1130mg	238mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1694kJ (405Cal)	314kJ (75Cal)
Protein (g)	45.2g	8.4g
Fat, total (g)	12.1g	2.2g
- saturated (g)	2.1g	0.4g
Carbohydrate (g)	27.3g	5.1g
- sugars (g)	21.1g	3.9g
Sodium (mg)	762mg	141mg

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.



Scan here if you have any questions or concerns





Get prepped

- Thinly slice carrot into half moons.
- Cut zucchini into small chunks.
- Thinly slice long chilli (if using).
- Cut Malaysian tofu into 2cm chunks.
- Drain and rinse konjac noodles.

Custom Recipe: If you've swapped to chicken tenderloins, cut chicken tenderloins into 2cm chunks.



Make the stir fru

- Wipe out saucepan and return to high heat with a drizzle of **olive oil**.
- Cook carrot and zucchini, tossing, until slightly tender, 3-4 minutes.
- Reduce heat to medium-high and stir in hoisin mixture. Simmer until slightly thickened, 1-2 minutes.
- Stir through konjac noodles, cooked tofu and baby spinach leaves, until
 warmed through and wilted, 1 minute. Season to taste.

Custom Recipe: Stir through cooked chicken with konjac noodles and baby spinach leaves, until warmed through and wilted, 1 minute. Season to taste.



Cook the tofu and prep the sauce

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook tofu, tossing, until browned, 3-4 minutes. Transfer to a bowl and cover to keep warm.
- · Meanwhile, boil the kettle.
- In a medium heatproof bowl, combine the **boiling water** (½ cup for 2 people / 1 cup for 4 people), **peanut butter**, the **soy sauce** and **hoisin sauce**, until well combined.

Custom Recipe: In a large saucepan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl.



Serve up

- Divide hoisin peanut tofu and konjac noodle stir fry between bowls.
- Top with chilli to serve. Enjoy!

Custom Recipe: Divide hoisin peanut chicken and konjac noodle stir fry between bowls.

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

