



# Hoisin Peanut Tofu & Konjac Noodle Stir Fry with Veggies

NEW

Grab your Meal Kit  
with this symbol



Carrot



Zucchini



Long Chilli  
(Optional)



Malaysian Tofu



Konjac Noodles



Peanut Butter



Hoisin Sauce



Baby Spinach  
Leaves



Chicken  
Tenderloins

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

Carb Smart

Eat Me Early\*  
\*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.

**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

Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
zucchini	1	2
long chilli  (optional)	½	1
Malaysian tofu	1 packet	2 packets
konjac noodles	1 medium packet	2 medium packets
<b>boiling water*</b>	½ cup	1 cup
peanut butter	1 packet	2 packets
<b>soy sauce*</b>	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](https://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



## 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 fry

- 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](https://hellofresh.com.au/rate)