



One-Pot Japanese Tofu & Udon Soup

with Veggies & Chilli

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Long Chilli (Optional)



Japanese Tofu



Broccoli & Carrot Mix



Asian BBQ Seasoning



Plant-Based Asian Mushroom Sauce



Udon Noodles



Japanese Tofu

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



Calorie Smart*
**Custom Recipe is not Calorie Smart*



Plant Based

An udon soup exploding with exotic flavours is going to excite your taste buds and warm your belly. All you really need are some chopsticks to dive into this tofu dish.

CUSTOM RECIPE

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

Pantry items

Olive Oil

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 with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
garlic	1 clove	2 cloves
long chilli  (optional)	½	1
Japanese tofu	1 packet	2 packets
broccoli & carrot mix	1 medium bag	1 large bag
Asian BBQ seasoning	1 sachet	2 sachets
boiling water*	3 cups	6 cups
plant-based		
Asian mushroom sauce	1 medium packet	1 large packet
udon noodles	1 packet	2 packets
Japanese tofu**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2078kJ (497Cal)	471kJ (113Cal)
Protein (g)	27.4g	6.2g
Fat, total (g)	13g	2.9g
- saturated (g)	2.6g	0.6g
Carbohydrate (g)	61.6g	14g
- sugars (g)	22.8g	5.2g
Sodium (mg)	2418mg	548mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2799kJ (669Cal)	517kJ (124Cal)
Protein (g)	42g	7.8g
Fat, total (g)	23.2g	4.3g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	66.2g	12.2g
- sugars (g)	25.1g	4.6g
Sodium (mg)	2888mg	533mg

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



Get prepped

- Boil the kettle.
- Slice **brown onion** (see ingredients) into thin wedges.
- Finely chop **garlic**.
- Thinly slice **long chilli** (if using).
- Cut **Japanese tofu** into 2cm chunks.

3



Finish the soup

- To saucepan, stir in **Asian BBQ seasoning**, the **boiling water** (3 cups for 2 people / 6 cups for 4 people), and **plant-based Asian mushroom sauce**.
- Add **udon noodles** and cover with a lid. Simmer until noodles are cooked, **3-4 minutes**.
- In the **last minute** of cook time, gently stir **noodles** with a fork to separate.
- Stir in cooked **tofu** until combined. Season to taste.

Custom Recipe: Stir in all tofu until combined. Season to taste.

2



Start the soup

- 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 plate.
- Return saucepan to high heat with a drizzle of **olive oil**. Cook **broccoli & carrot mix** and **onion**, tossing, until just tender, **3-4 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.

Custom Recipe: If you've doubled your Japanese tofu, cook in batches for the best results.

4



Serve up

- Divide Japanese tofu and udon soup between bowls.
- Top with **chilli** to serve. Enjoy!

Rate your recipe

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