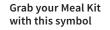


Hoisin Peanut Tofu & Konjac Noodle Stir Fry

with Veggies & Fresh Chilli

NEW

CLIMATE SUPERSTAR













Long Chilli (Optional)







Peanut Butter

Baby Spinach Leaves

Malaysian Tofu

Konjac Noodles



Hoisin Sauce







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



Satay 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.

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

in ign cancillo				
	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 packet	2 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		
Malaysian tofu**	1 packet	2 packets		
	and the second second			

^{*}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)	2306kJ (551Cal)	401kJ (96Cal)
Protein (g)	28.6g	5g
Fat, total (g)	26.2g	4.6g
- saturated (g)	4.3g	0.7g
Carbohydrate (g)	43.7g	7.6g
- sugars (g)	33.1g	5.8g
Sodium (mg)	1568mg	273mg

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.



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.



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.



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 bowl and cover to keep warm.
- · Meanwhile, boil the kettle.
- In a medium 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: If you've doubled your Malaysian tofu, cook tofu in batches for the best results.



Serve up

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

