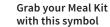


Satay-Style Tofu & Coconut Noodle Soup with Veggies & Fresh Chilli

NEW

CLIMATE SUPERSTAR









Malaysian Tofu

Long Chilli (Optional)





Satay Seasoning

Garlic Paste





Carrot & Zucchini

Coconut Milk





Egg Noodles

Baby Spinach



Sweet Chilli Sauce



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

Calorie Smart* *Custom recipe is not Calorie Smart

If you want a dish to sing, then we'd recommend getting a load of peanutty tofu and ading it to everything and anything. Tonight, we are pilling it high on a veggie-loaded noodle soup and for an extra kick, we suggest adding some fresh chilli to tie it all together.



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	
Malaysian tofu	1 packet	2 packets	
long chilli ∮ (optional)	1/2	1	
satay seasoning	1 sachet	2 sachets	
garlic paste	1 packet	2 packets	
carrot & zucchini mix	1 medium bag	1 large bag	
boiling water*	2 cups	4 cups	
coconut milk	1 packet	2 packets	
soy sauce*	1 tbs	2 tbs	
egg noodles	1 packet	2 packets	
baby spinach leaves	1 small bag	1 medium bag	
sweet chilli sauce	1 small packet	1 medium packet	
Malaysian tofu**	1 packet	2 packets	
*Pantry Items **Custom Recipe Ingredient			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2681kJ (641Cal)	565kJ (135Cal)
Protein (g)	22g	4.6g
Fat, total (g)	25.1g	5.3g
- saturated (g)	16g	3.4g
Carbohydrate (g)	78.3g	16.5g
- sugars (g)	20.8g	4.4g
Sodium (mg)	1795mg	378mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3344kJ (799Cal)	582kJ (139Cal)
Protein (g)	32g	5.6g
Fat, total (g)	33.4g	5.8g
- saturated (g)	17.5g	3g
Carbohydrate (g)	86.5g	15.1g
- sugars (g)	26.8g	4.7g
Sodium (mg)	2233mg	389mg

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



Get prepped

- · Boil the kettle.
- Cut Malaysian tofu into 2cm chunks. Thinly slice long chilli (if using).
- In a small bowl, combine satay seasoning, garlic paste and a splash
 of water.
- 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.

Custom Recipe: If you've doubled your Malaysian tofu, prepare tofu as above. Cook tofu in batches for best results.



Finish the noodle soup

- Reduce heat to medium-high and stir in the boiling water (2 cups for 2 people / 4 cups for 4 people), coconut milk and the soy sauce.
- Add egg noodles, then reduce to a simmer and cover with a lid.
- Cook until noodles are tender, 4-5 minutes. In the last minute, gently stir noodles with a fork to separate.
- Remove from heat, then stir through baby spinach leaves and sweet chilli sauce, until combined and wilted.



Start the noodle soup

- Return saucepan to high heat with a drizzle of olive oil.
- Cook carrot & zucchini mix, tossing, until slightly tender, 2-3 minutes.
- Add satay mixture and cook, stirring, until fragrant, 1 minute.



Serve up

- Serve coconut noodle soup between bowls.
- Top with satay-style tofu and chilli to serve. Enjoy!

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate

