



Crispy Tofu & Curried Egg Noodles

with Veggies & Crispy Shallots

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Egg Noodles



Carrot



Zucchini



Japanese Tofu



Cornflour



Ginger Paste



Katsu Paste



Coconut Milk



Sweet Chilli Sauce



Baby Spinach Leaves



Crispy Shallots



Beef Strips

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

It's easy to make a curried noodle dish when you have a can of coconut milk, plus our katsu and ginger pastes handy. Top the saucy noodles with tofu that's crisp on the outside and tender on the inside, thanks to a quick cornflour coating.

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
egg noodles	1 medium packet	2 medium packets
carrot	1	2
zucchini	1	2
Japanese tofu	1 packet	2 packets
cornflour	1 medium sachet	1 large sachet
ginger paste	1 medium packet	1 large packet
katsu paste	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
sweet chilli sauce	1 small packet	1 medium packet
soy sauce*	½ tbs	1 tbs
baby spinach leaves	1 small bag	1 medium bag
crispy shallots	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2985kJ (713Cal)	605kJ (145Cal)
Protein (g)	27.6g	5.6g
Fat, total (g)	33.2g	6.7g
- saturated (g)	18.4g	3.7g
Carbohydrate (g)	83.2g	16.9g
- sugars (g)	17g	3.4g
Sodium (mg)	2056mg	417mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3025kJ (723Cal)	584kJ (140Cal)
Protein (g)	43g	8.3g
Fat, total (g)	29.8g	5.8g
- saturated (g)	19.4g	3.7g
Carbohydrate (g)	78.7g	15.2g
- sugars (g)	14.7g	2.8g
Sodium (mg)	1652mg	319mg

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



Cook the noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**. Drain, rinse and set aside.
- Meanwhile, slice **carrot** and **zucchini** into half-moons.
- Cut **Japanese tofu** into bite-sized chunks.

3



Cook the veggies & sauce

- Return frying pan to medium-high heat. Cook **carrot** and **zucchini**, stirring, until tender, **4-5 minutes**.
- Add **ginger paste** and cook until fragrant, **1 minute**.
- Stir in **katsu paste**, **coconut milk**, **sweet chilli sauce**, the **soy sauce** and a splash of **water**, until combined and heated through.
- Add **cooked noodles** and **baby spinach leaves**. Cook, stirring, until spinach is wilted, **1 minute**.

2



Cook the tofu

- In a medium bowl, combine **tofu**, **cornflour** and a pinch of **salt** and **pepper**.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. When oil is hot, shake excess flour off **tofu** and cook, tossing, until browned, **3-4 minutes**.
- Transfer **tofu** to a paper towel-lined plate. Cover to keep warm.

Custom Recipe: If you've swapped to beef strips, combine beef strips with cornflour as above. In a large frying pan, heat a generous drizzle of olive oil over high heat. When oil is hot, shake excess flour off beef strips and cook in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a paper towel-lined plate.

4



Serve up

- Divide tofu and coconut curry noodles between bowls.
- Sprinkle with **crispy shallots** to serve. Enjoy!

Rate your recipe

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