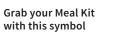


Crispy Tofu & Curried Egg Noodles with Veggies & Crispy Shallots

EXPLORER

CLIMATE SUPERSTAR









Egg Noodles



Zucchini

Japanese Tofu









Katsu Paste



Sweet Chilli



Sauce



Crispy Shallots



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.

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

9			
	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.



Scan here if you have any questions or concerns





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.



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.



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.



Serve up

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