



Satay-Style Tofu & Coconut Noodle Soup

with Veggies & Fresh Chilli

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Malaysian Tofu



Long Chilli (Optional)



Satay Seasoning



Garlic Paste



Carrot & Zucchini Mix



Coconut Milk



Egg Noodles



Baby Spinach Leaves



Sweet Chilli Sauce



Malaysian Tofu

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



Calorie Smart*
*Custom recipe is not Calorie Smart



Eat Me First

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.

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

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)	½	1
satay seasoning	1 medium sachet	2 medium sachets
garlic paste	1 medium packet	2 medium packets
carrot & zucchini mix	1 medium packet	1 large packet
boiling water*	2 cups	4 cups
coconut milk	1 medium packet	2 medium packets
soy sauce*	1 tbs	2 tbs
egg noodles	1 medium packet	2 medium packets
baby spinach leaves	1 small packet	1 medium packet
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)	2716kJ (649Cal)	566kJ (135Cal)
Protein (g)	22.1g	4.6g
Fat, total (g)	26g	5.4g
- saturated (g)	16.9g	3.5g
Carbohydrate (g)	78.4g	16.4g
- sugars (g)	20.9g	4.4g
Sodium (mg)	1796mg	375mg
Dietary Fibre (g)	15.6g	3.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3379kJ (808Cal)	583kJ (139Cal)
Protein (g)	32.1g	5.5g
Fat, total (g)	34.3g	5.9g
- saturated (g)	18.4g	3.2g
Carbohydrate (g)	86.6g	14.9g
- sugars (g)	26.9g	4.6g
Sodium (mg)	2234mg	386mg
Dietary Fibre (g)	18.5g	3.2g

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.
- 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.

3



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.

2



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**.

4



Serve up

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

Rate your recipe

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