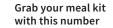


One-Pot Asian Tofu & Udon Soup

with Veggies & Chilli

CLIMATE SUPERSTAR











Brown Onion



Long Chilli (Optional)



Japanese Tofu

Asian BBQ Seasoning



Broccoli & Carrot



Plant-Based Asian Mushroom Sauce









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

Eat Me First





An udon soup exploding with exotic flavours is going to excite your taste buds and warm your belly. All you really need are some chopsticks to dive into this tofu dish.

Pantry items

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
brown onion	1/2	1
garlic	1 clove	2 cloves
long chilli ∮ (optional)	1/2	1
Japanese tofu	1 packet	2 packets
vinegar* (white wine or rice wine)	1 tbs	2 tbs
broccoli & carrot mix	1 medium packet	1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
boiling water*	2½ cups	5 cups
plant-based Asian mushroom sauce	1 medium packet	2 medium packets
udon noodles	1 packet	2 packets
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2091kJ (500cal)	231kJ (55cal)
Protein (g)	27.7g	3.1g
Fat, total (g)	13g	1.4g
- saturated (g)	2.7g	0.3g
Carbohydrate (g)	61.4g	6.8g
- sugars (g)	22.7g	2.5g
Sodium (mg)	2418mg	267.5mg
Dietary Fibre (g)	16g	1.8g

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

- · Boil the kettle.
- · Slice brown onion (see ingredients) into thin wedges.
- Finely chop garlic.
- Thinly slice long chilli (if using).
- · Cut Japanese tofu into 2cm chunks.
- In a small microwave-safe bowl, combine chilli, the vinegar and a good pinch of sugar and salt.
- Microwave chilli mixture for 30 seconds, until softened.



Finish the soup

- To saucepan, stir in Asian BBQ seasoning, the boiling water (2½ cups for 2 people / 5 cups for 4 people) and plant-based Asian mushroom sauce.
- Add **udon noodles** and cover with a lid. Simmer, until noodles are cooked, 3-4 minutes.
- In the last minute of cook time, gently stir noodles with a fork to separate.
- Stir in cooked tofu until combined. Season to taste with salt and pepper.



Start the soup

- 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 plate.
- Return saucepan to high heat with a drizzle of **olive oil**. Cook broccoli & carrot mix and onion, tossing, until just tender, 3-4 minutes.
- Add garlic and cook until fragrant, 1 minute.



Serve up

- Divide one-pot Asian tofu and udon soup with veggies between bowls.
- Top with chilli to serve. Enjoy!



through, 4-6 minutes.



We're here to help!