



One-Pot Asian Tofu & Udon Soup

with Veggies & Coriander

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Brown Onion



Garlic



Japanese Tofu



Broccoli & Carrot Mix



Asian BBQ Seasoning



Plant-Based Asian Mushroom Sauce



Udon Noodles



Coriander



Japanese Tofu



Chicken Breast

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

Plant Based

Eat Me First

Calorie Smart

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

Olive Oil

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	½	1
garlic	1 clove	2 cloves
Japanese tofu	1 packet	2 packets
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
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2089kJ (499cal)	231kJ (55cal)
Protein (g)	27.8g	3.1g
Fat, total (g)	13.1g	1.5g
- saturated (g)	2.7g	0.3g
Carbohydrate (g)	61.3g	6.8g
- sugars (g)	22.6g	2.5g
Sodium (mg)	2419mg	267.9mg
Dietary Fibre (g)	15.6g	1.7g

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**.
- Cut **Japanese tofu** into 2cm chunks.



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 between bowls.
- Tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



CUSTOM OPTIONS



DOUBLE JAPANESE TOFU

Follow method above, cooking in batches if necessary.



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

