

# One-Pot Asian Tofu & Udon Soup

with Veggies & Coriander

CLIMATE SUPERSTAR



Grab your meal kit with this number







**Brown Onion** 

Japanese Tofu

Broccoli & Carrot







Seasoning

Plant-Based Asian Mushroom Sauce





**Udon Noodles** 

Coriander







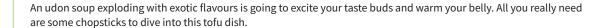


Eat Me First





**Calorie Smart** 



**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	1/2	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		

r untry reems

#### **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.



### 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.



# 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.



### Serve up

- Divide one-pot Asian tofu and udon soup between bowls.
- Tear over **coriander** to serve. Enjoy!





