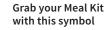
Crispy Tofu & Curried Egg Noodles with Veggies & Crispy Shallots









Egg Noodles





Carrot





Coconut Milk



Asian Greens

Crispy Shallots

Ginger Paste



Sweet Chilli



Japanese Tofu





Katsu Paste

Pantry items Olive Oil, Soy Sauce

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

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
egg noodles	1 medium packet	1 large packet
Japanese tofu	1 packet	2 packets
cornflour	1 medium sachet	1 large sachet
salt*	1/4 tsp	½ tsp
carrot	1	2
zucchini	1	2
Asian greens	1 bag	2 bags
ginger paste	1 medium packet	1 large packet
katsu paste	1 medium packet	1 large packet
coconut milk	1 medium tin	2 medium tins
soy sauce*	½ tbs	1 tbs
sweet chilli sauce	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3165kJ (756Cal)	669kJ (160Cal)
Protein (g)	27.9g	5.9g
Fat, total (g)	31.8g	6.7g
- saturated (g)	16.1g	3.4g
Carbohydrate (g)	94.8g	20g
- sugars (g)	21.8g	4.6g
Sodium (mg)	2016mg	426mg

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.



Cook the noodles & prep the tofu

- Boil the kettle. Half-fill a medium saucepan with the boiling water. Cook egg noodles in the boiling water over medium-high heat, stirring occasionally with a fork to separate, until tender, 4-5 minutes.
- Meanwhile, cut Japanese tofu into bite-sized chunks. In a medium bowl, combine tofu, cornflour, the salt and a pinch of pepper.
- Drain and rinse the cooked noodles.



Cook the tofu & get prepped

- 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.
- While the tofu is cooking, thinly slice carrot and zucchini into half-moons.
 Roughly chop Asian greens.



Cook the veggies & sauce

- Wipe out frying pan, then return to high heat with a drizzle of olive oil. Cook carrot and zucchini, stirring, until tender, 4-5 minutes.
- Add ginger paste and Asian greens and cook, stirring, until fragrant and wilted, 1-2 minutes.
- Stir in katsu paste, coconut milk and the soy sauce. Cook until combined and heated through, 2-3 minutes.
- Add cooked **noodles**, stirring, until mixed through. Remove pan from heat.



Serve up

- Divide curried egg noodles and crispy tofu between bowls.
- Drizzle with **sweet chilli sauce**. Sprinkle with **crispy shallots** to serve. Enjoy!



