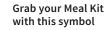
# Tofu & Curried Egg Noodles with Veggies & Crispy Shallots













Zucchini



Cornflour





Baby Spinach Leaves

Coconut Milk



Sweet Chilli





Japanese Tofu



**Ginger Paste** 

Crispy Shallots



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	2 medium packets
carrot	1	2
zucchini	1	2
Japanese tofu	1 packet	2 packets
cornflour	1 medium sachet	1 large sachet
salt*	1/4 tsp	½ tsp
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
baby spinach leaves	1 small bag	1 medium bag
sweet chilli sauce	1 medium packet	2 medium packets
crispy shallots	1 medium packet	1 large packet

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2683kJ (641Cal)	558kJ (133Cal)
Protein (g)	26.4g	5.5g
Fat, total (g)	33.1g	6.9g
- saturated (g)	18.4g	3.8g
Carbohydrate (g)	95g	19.8g
- sugars (g)	24.1g	5g
Sodium (mg)	2198mg	457mg

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 & get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook egg noodles over medium-high heat, stirring occasionally with a fork to separate, until tender, 4-5 minutes. Drain, rinse and set aside.
- Meanwhile, slice carrot and zucchini into half-moons.
- Cut Japanese tofu into bite-sized chunks.



### Cook the tofu

- In a medium bowl, combine tofu, cornflour, the salt and a pinch of pepper.
- In a large frying pan, heat a generous drizzle of olive oil over medium-high heat. When oil is hot, shake excess cornflour off tofu and cook tossing, until browned, 3-4 minutes.
- Transfer **tofu** to a paper towel-lined plate. Cover to keep warm.



## Cook the veggies & sauce

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



## Serve up

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



Scan here if you have any questions or concerns





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