



# Tofu & Curried Egg Noodles

with Veggies & Crispy Shallots

Grab your Meal Kit with this symbol



Egg Noodles



Carrot



Zucchini



Cornflour



Coconut Milk



Baby Spinach Leaves



Sweet Chilli Sauce



Crispy Shallots



Japanese Tofu



Ginger Paste



Katsu Paste

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



It's easy to make a curried noodle dish when you have a can of coconut milk, plus our katsu and ginger pastes handy. Top the saucy noodles with tofu that's crisp on the outside and tender on the inside, thanks to a quick cornflour coating.

### Pantry items

Olive Oil, Soy Sauce



## 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
<b>olive oil*</b>	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
<b>salt*</b>	¼ 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
<b>soy sauce*</b>	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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

3



## 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**.

2



## 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.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



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