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Indonesian Satay Tofu Noodle Stir Fry with Baby Bok Choy

Packed full of protein and whole buckwheat, this fresh Indonesian noodle bowl is the perfect thing to give you all the energy you need to hit the gym. Not only is ginger delicious, but it's anti-inflammatory, so consider this your after workout salve as well.



Prep: 15 mins

Cook: 10 mins

Total: 25 mins



level 1

Pantry Items



Soy Sauce



Water



Vegetable Oil



Hoisin Sauce



Ginger



Garlic



Ramen Noodles



Malaysian Peanut Satay Tofu



Carrot



Spring Onions



Baby Bok Choy

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2P	4P	Ingredients
2 tbs	4 tbs	hoisin sauce (recommended amount)
1 tbs	2 tbs	salt-reduced soy sauce *
1 tbs	2 tbs	water *
1 knob	2 knobs	ginger, peeled & grated
1 clove	2 cloves	garlic, peeled & crushed
2 packets	4 packets	ramen noodles
2 tsp	1 tbs	vegetable oil *
1 packet	2 packets	Malaysian peanut satay tofu, cubed
1	2	carrot, peeled & cut into matchsticks
1 bunch	2 bunches	spring onions, sliced
1 bunch	2 bunches	baby bok choy, quartered

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2230	Kj
Protein	26.4	g
Fat, total	17.3	g
-saturated	2.7	g
Carbohydrate	64.2	g
-sugars	20.7	g
Sodium	1320	mg



You will need: vegetable peeler, grater garlic crusher, chef's knife, chopping board, kettle, small bowl, heatproof bowl, strainer, and a large wok or frying pan.

1 Bring a kettle full of water to the boil.

2 In a small bowl, combine the **hoisin sauce, salt-reduced soy sauce, water, ginger and garlic**. Set aside.



3 Place the **ramen noodles** in a heatproof bowl and pour over the boiling water. Soak for **1 minute**. Drain.

4 Heat the **vegetable oil** in a large wok or frying pan over a medium-high heat. Add the **Malaysian peanut satay tofu** and stir fry for **1-2 minutes** or until golden. Set aside.



5 Place the same wok over a medium-high heat. Add the **carrot, spring onion and baby bok choy** and stir fry for **1 minute**. Add the hoisin sauce mixture to the wok with the ramen noodles and the Malaysian peanut satay tofu. Stir fry for **2 minutes** or until heated through and well combined.

Tip: If you have some in your pantry, stir through 1 tbs of crunchy peanut butter to transform this into a yummy satay stir fry.

6 Divide the noodles between bowls and enjoy!



Did you know? Japanese immigrants are the largest migrant population in Brazil today!