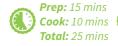


## **Indonesian Satay Tofu Noodle Stir Fry with Baby Bok Choy**

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.



















Vegetable



Hoisin Sauce



Malaysian Peanut



Ginger









Ramen Noodles



Baby Bok Choy

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	<del>                                      </del>
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

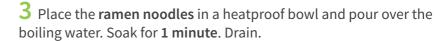
## Nutrition per serve

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

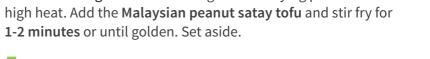


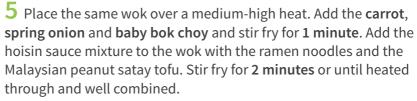
You will need: vegetable peeler, grater garlic crusher, chef's knife, chopping board, kettle, small bowl, heatproof bowl, strainer, and a large wok or frying pan.

- 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.









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!