



MALAYSIAN TOFU NOODLE STIR-FRY

with Zucchini & Fried Eggs



Use hoisin sauce for a flavourful stir-fry



Carrot



Zucchini



Garlic



Long Red Chilli (Optional)



Lemon



Malaysian Tofu



Kaffir Lime Leaves



Ramen Noodles



Hoisin Sauce



Sesame Oil Blend

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Spicy (optional long red chilli)

It's noodle night! For a slurp-tastic result, we're coating them in a hoisin-sesame mixture, adding fragrant kaffir lime and a kick of fresh chilli, tossing in some satay-flavoured tofu and then popping an oozy fried egg on top.

Pantry Staples: Olive Oil, Soy Sauce, Honey, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** with a **lid** • **large frying pan**



1 GET PREPPED

Bring a medium saucepan of water to the boil. Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **zucchini** into thin batons. Finely chop the **garlic** (or use a garlic press). Thinly slice the **long red chilli** (if using). Cut the **lemon** (see ingredients list) into wedges. Cut the **Malaysian tofu** into 2cm squares. Remove the centre veins from the **kaffir lime leaves**, then very thinly slice. **TIP:** Kaffir lime leaves are fibrous so you want to cut them thinly.



2 COOK THE NOODLES

Add the **ramen noodles** (see ingredients list) to the saucepan of boiling water and cook until tender, **4 minutes**. Drain and refresh under cold water. In a medium bowl, combine the **hoisin sauce, warm water, sesame oil blend** (see ingredients list), **soy sauce** and **honey**.



3 COOK THE VEGGIES

Heat a large frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **carrot** and cook until slightly softened, **2-3 minutes**. **TIP:** Add a splash of water to help the carrot cook faster! Add the **zucchini** and cook until golden and tender, **3-4 minutes**. Add the **garlic** and **kaffir lime leaves** and cook until fragrant, **1 minute**. Transfer to a plate.



4 BRING IT ALL TOGETHER

Return the frying pan to a medium-high heat with a **drizzle** more **olive oil**. Add the **tofu** and cook, tossing, until golden, **4 minutes**. Add the **ramen noodles, veggies** and the **sauce mixture** and toss together until heated through. Stir through a **good squeeze** of **lemon juice**.



5 FRY THE EGGS

Divide the tofu noodle stir-fry between bowls and cover to keep warm. Wash the pan and return to a medium-high heat with a **drizzle of olive oil**. Crack in the **eggs** and cook until the egg whites are cooked and the yolks are just firm, **3-4 minutes**.



6 SERVE UP

Place the fried eggs on top of the noodles and sprinkle with the chilli (if using). Serve with any remaining lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
long red chilli (optional)	1	2
lemon	½	1
Malaysian tofu	1 packet	2 packets
kaffir lime leaves	2 leaves	4 leaves
ramen noodles	½ packet	1 packet
hoisin sauce	1 sachet	2 sachets
warm water*	1 tbs	2 tbs
sesame oil blend	½ tub	1 tub
soy sauce*	2 tbs	4 tbs
honey*	2 tsp	1 tbs
eggs*	2	4

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3580kJ (856Cal)	525kJ (125Cal)
Protein (g)	51.0g	7.5g
Fat, total (g)	32.2g	4.7g
- saturated (g)	5.7g	0.8g
Carbohydrate (g)	87.2g	12.8g
- sugars (g)	41.3g	6.1g
Sodium (g)	2760mg	404mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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