



Malaysian Tofu & Noodle Stir-Fry

with Veggies & Fried Egg

Grab your Meal Kit with this symbol



Carrot



Garlic



Long Chilli (Optional)



Lemon



Makrut Lime Leaves



Udon Noodles



Sesame Oil Blend



Baby Spinach Leaves



Ginger Paste



Malaysian Tofu



Plant-Based Asian Mushroom Sauce



Malaysian Tofu

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 25-35 mins
Ready in: 30-40 mins

It's noodle night! For a slurp-tastic result, we're coating them in an umami-rich Asian mushroom sauce, adding fragrant makrut lime and a kick of fresh chilli, tossing in some satay-flavoured tofu and then popping a jammy fried egg on top.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Eggs

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
carrot	1	2
garlic	2 cloves	4 cloves
long chilli (optional) 🌶️	½	1
makrut lime leaves	2 leaves	4 leaves
lemon	½	1
Malaysian tofu	1 packet	2 packets
udon noodles	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
plant-based Asian mushroom sauce	1 medium packet	1 large packet
sesame oil blend	½ packet	1 packet
baby spinach leaves	1 medium bag	1 large bag
eggs*	2	4
Malaysian tofu**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2746kJ (656Cal)	541kJ (129Cal)
Protein (g)	35.5g	7g
Fat, total (g)	27.9g	5.5g
- saturated (g)	5g	1g
Carbohydrate (g)	58.9g	11.6g
- sugars (g)	22.1g	4.4g
Sodium (mg)	1665mg	328mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3504kJ (837Cal)	577kJ (138Cal)
Protein (g)	51.5g	8.5g
Fat, total (g)	37.5g	6.2g
- saturated (g)	6.5g	1.1g
Carbohydrate (g)	65.3g	10.8g
- sugars (g)	27.9g	4.6g
Sodium (mg)	1985mg	327mg

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.

We're here to help!

Scan here if you have any questions or concerns

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Get prepped

- Boil the kettle.
- Thinly slice **carrot** into half-moons.
- Finely chop **garlic**. Thinly slice **long chilli** (if using). Thinly slice **makrut lime leaves**. Slice **lemon** into wedges.
- Slice **Malaysian tofu** into 2cm chunks.

TIP: The makrut lime leaves are fibrous so make sure to cut them very thin.



Cook the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, tossing, until slightly softened, **4-5 minutes**.
- Add **garlic**, **ginger paste** and **makrut lime leaves**. Cook until fragrant, **1 minute**.
- Add **noodles**, **plant-based Asian mushroom sauce**, **sesame oil blend** (see ingredients) and **tofu**, tossing to combine. Stir through a good squeeze of **lemon juice** and the **baby spinach leaves**, until wilted.
- Transfer to a bowl and cover to keep warm.



Cook the noodles

- Half-fill a medium saucepan with the **boiled water**.
- Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**. In the **last minute**, gently stir **noodles** with a fork to separate.
- Drain and rinse **noodles**, then set aside.



Fry the eggs

- Wash out frying pan, then return to high heat with a drizzle of **olive oil**.
- When oil is hot, crack **eggs** into pan. Cook until egg whites are firm and yolks are cooked to your liking, **2-3 minutes**.



Cook the tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, tossing, until browned, **3-4 minutes**. Transfer to a plate.

Custom Recipe: If you've doubled your Malaysian tofu, cook tofu in batches for best results.



Serve up

- Divide Malaysian tofu and noodle stir-fry between bowls. Top with fried egg. Sprinkle with chilli.
- Serve with any remaining lemon wedges. Enjoy!

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