



Peanut Tofu & Coconut Noodles

with Veggie Stir-Fry

Grab your Meal Kit with this symbol



Broccoli



Carrot



Lime



Malaysian Tofu



Udon Noodles



Ginger Lemongrass Paste



Garlic Paste



Southeast Asian Spice Blend



Coconut Milk



Roasted Peanuts

 Hands-on: **15-25 mins**
Ready in: **20-30 mins**

This is the perfect recipe to have up your sleeve for when you're short on time but don't want to resort to takeaway. From the tender peanut tofu and springy udon noodles, to the juicy broccoli which works a treat at soaking up the zesty coconut sauce, this sure beats takeaway, too.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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

Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli	1 head	2 heads
carrot	1	2
lime	½	1
Malaysian tofu	1 packet	2 packets
udon noodles	1 packet	2 packets
ginger	1 packet	2 packets
lemongrass paste	1 packet	2 packets
garlic paste	1 packet	2 packets
Southeast Asian spice blend	1 sachet	2 sachets
coconut milk	1 medium tin	1 large tin
soy sauce*	1½ tbs	3 tbs
water*	½ cup	1 cup
brown sugar*	2 tsp	4 tsp
roasted peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3558kJ (850Cal)	537kJ (128Cal)
Protein (g)	40.2g	6.1g
Fat, total (g)	45.7g	6.9g
- saturated (g)	17.6g	2.7g
Carbohydrate (g)	62.2g	9.4g
- sugars (g)	18.1g	9.4g
Sodium (mg)	1660mg	251mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Boil the kettle.
- Cut **broccoli** into small florets. Thinly slice **carrot** into half-moons. Zest **lime** to get a generous pinch, then cut into wedges.
- Cut **Malaysian tofu** into 1cm cubes. In a large frying pan, heat a generous drizzle of **olive oil** over a medium-high heat. Cook **tofu**, turning occasionally, until browned all over, **4-5 minutes**. Transfer to a plate and cover to keep warm.



Make it saucy

- Reduce heat to medium-high. Add a drizzle of **olive oil**, then the **ginger lemongrass paste**, **garlic paste** and **Southeast Asian spice blend**. Cook until fragrant, **1 minute**.
- Stir in the **coconut milk**, **soy sauce**, **water**, **lime zest**, **brown sugar** and a good squeeze of **lime juice**. Simmer until slightly thickened, **2-3 minutes**.
- Remove from heat, then add the **noodles**, tossing to coat.



Cook the noodles & veggies

- Half-fill a medium saucepan with the boiling water. Add **udon noodles** and cook over a medium-high heat until tender, **3-4 minutes**. In last **minute** of cook time, gently stir **noodles** with a fork to separate. Drain, rinse and set aside.
- Meanwhile, return frying pan to a high heat with a drizzle of **olive oil**. Stir-fry the **broccoli** and **carrot** with a good splash of **water** until tender and slightly charred, **6-8 minutes**.



Serve up

- Divide coconut noodles between bowls.
- Top with Malaysian tofu. Sprinkle with the **roasted peanuts**.
- Serve with any remaining lime wedges.

Enjoy!

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