



Quick Tofu & Egg Noodles

with Broccoli, Sesame Dressing & Peanuts

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Broccoli



Egg Noodles



Garlic & Herb Seasoning



Sweet Chilli Sauce



Crushed Peanuts



Firm Tofu



Ginger Paste



Sesame Dressing

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: 25-35 mins

In this moreish meal, tender tofu, springy egg noodles and vibrant green veg happily soak up the sweet, savoury and zingy Asian-inspired flavours. The creaminess from the sesame dressing and crunch from the peanuts add the finishing touches.

Pantry items

Olive Oil, Soy Sauce

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	2
firm tofu	½ packet	1 packet
egg noodles	1 medium packet	2 medium packets
garlic & herb seasoning	1 medium sachet	1 large sachet
ginger paste	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
crushed peanuts	1 medium packet	1 large packet
sesame dressing	1 large packet	2 large packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2736kJ (654Cal)	706kJ (169Cal)
Protein (g)	28.1g	7.3g
Fat, total (g)	25.6g	6.6g
- saturated (g)	3.1g	0.8g
Carbohydrate (g)	74.7g	19.3g
- sugars (g)	16.7g	4.3g
Sodium (mg)	2210mg	571mg

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped & cook the broccoli

- Boil the kettle. Chop **broccoli** (including stalk!) into small florets.
- Using your hands, crumble **firm tofu** (see ingredients) into bite-sized pieces (don't worry if they crumble smaller!).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli**, tossing, until tender, **5-6 minutes**.
- Transfer to a bowl. Cover to keep warm.

3



Cook the tofu & sauce

- Meanwhile, return frying pan to medium-high heat with a generous drizzle of **olive oil**.
- When oil is hot, cook **tofu**, tossing occasionally, until golden, **5-7 minutes**.
- Add **garlic & herb seasoning** and **ginger paste** and cook, tossing, until fragrant, **1 minute**.
- Add **sweet chilli sauce**, the **soy sauce**, a splash of **water** and cooked **noodles**. Return **broccoli** to pan. Toss to combine, then cook until the sauce is slightly reduced, **1 minute**.

2



Cook the noodles

- While the veggies are cooking, half-fill a medium saucepan with the boiling water.
- Cook **egg noodles** in the boiling water over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.

4



Serve up

- Divide crumbled tofu and egg noodles with broccoli between bowls.
- Sprinkle with **crushed peanuts** and serve with **sesame dressing**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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