



SESAME-CRUMBED JAPANESE TOFU

with Udon Noodle Stir-Fry



Crumb tofu in sesame seeds



Japanese Tofu



Garlic



Ginger



Broccoli



Red Capsicum



Carrot



Lime



Udon Noodles



Panko Breadcrumbs



Black Sesame Seeds



Kecap Manis

Hands-on: **30** mins
Ready in: **30** mins

We are all familiar with the four tastes... sweet, salty, bitter and sour. But, did you know there is a fifth taste, umami...!? It comes from the Japanese word for 'delicious' and is used to describe the savoury and meaty flavours. Tonight's meal is big on umami – so go on, get stuck in and enjoy all the delicious flavour!

Pantry Staples: Olive Oil, Plain Flour, Egg, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large frying pan**



1 GET PREPPED

Bring a medium saucepan of water to the boil. Slice each square of **Japanese tofu** into quarters. Finely grate the **garlic** (or use a garlic press). Finely grate the **ginger**. Cut the **broccoli** into small florets, then roughly chop the stalk. Thinly slice the **red capsicum**. Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **lime** in half.



2 COOK THE NOODLES

Add the **udon noodles** (see **ingredients list**) to the saucepan of boiling water. Cook until tender, **8-10 minutes**. Drain, refresh under cold water and set aside.



3 COAT THE TOFU

While the noodles are cooking, combine the **plain flour**, the **salt** and a **good pinch** of **pepper** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** (see **ingredients list**) and **black sesame seeds**. Take a big handful of **tofu** and coat in the flour mixture, followed by the egg, and finally in the panko sesame mix. Set aside on a plate. Repeat with the remaining tofu.



4 FRY THE TOFU

Heat a **good drizzle** of **olive oil** in a large frying pan over a medium-high heat. When the oil is hot, add the crumbed **tofu** and fry until golden, **2 minutes** each side. Transfer to a plate lined with paper towel.



5 STIR-FRY THE VEGGIES

Wipe out the pan with paper towel and return to a high heat with a **drizzle** of **olive oil**. Add the **broccoli** and **carrot** and cook until starting to soften, **3 minutes**. Add the **capsicum** and cook until almost tender, **2-3 minutes**. Add the **garlic** and **ginger** and cook, stirring, until fragrant, **30 seconds**. Add the **kecap manis**, **soy sauce**, the **water** and a **good squeeze** of **lime** juice. Toss to combine, then remove from the heat. Add the **udon noodles** and toss to coat. Add a splash more water to loosen the sauce if needed.



6 SERVE UP

Divide the udon noodle stir-fry between bowls. Top with the sesame-crumbed Japanese tofu.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
Japanese tofu	1 block	2 blocks
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
broccoli	1 head	2 heads
red capsicum	1	2
carrot	1	2
lime	1	2
udon noodles	½ packet	1 packet
plain flour*	1 tbs	2 tbs
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	½ packet	1 packet
black sesame seeds	1 sachet	2 sachets
kecap manis	1 sachet (75 g)	2 sachets (150 g)
soy sauce*	2 tsp	1 tbs
water*	1 tbs	2 tbs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2980kJ (711Cal)	592kJ (142Cal)
Protein (g)	39.6g	7.9g
Fat, total (g)	17.9g	3.6g
- saturated (g)	2.6g	0.5g
Carbohydrate (g)	91.1g	18.1g
- sugars (g)	18.5g	3.7g
Sodium (g)	3150mg	626mg

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

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