

SPEEDY TEMPURA-STYLE TOFU

with Udon Noodles & Mayo Drizzle





Cook tempura style tofu



Japanese Tofu













Udon Noodles



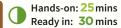
Panko Breadcrumbs



Mixed Sesame Seeds



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



We are all familiar with the 4 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!

START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, medium saucepan, fine grater, small bowl, colander, three shallow bowls, whisk or fork, plate, large frying pan, spatula, plate lined with paper towel and tongs.



1 GET PREPPED

Bring a medium saucepan of water to the boil. Slice each square of **Japanese tofu** into quarters. Slice the **carrot** (unpeeled) into 0.5 cm half moons. Peel and finely grate the **garlic**. Finely grate the **ginger**. Roughly chop the **Asian greens**.

In a small bowl, combine the **mayonnaise** with the **water** (for the mayo). Set aside.



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



While the **noodles** are cooking, in the first shallow bowl, combine the **plain flour**, the **salt (see ingredients list)** and a **good pinch** of **pepper**. In the second shallow bowl, whisk the **egg** and add a **dash** of **water**. *TIP: If you don't have an egg, use 2 tbs of milk instead. In the third shallow bowl, combine the **panko**

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, ready to fry. Repeat with the remaining tofu.

breadcrumbs and mixed sesame seeds.



Heat a good drizzle of olive oil in a large frying pan over a medium-high heat. Once hot, add the tofu and fry for 2 minutes on each side, or until golden. *TIP: If your pan is getting crowded, cook in batches for the best results! Transfer to a plate lined with paper towel.



STIR-FRY THE VEG
Wipe out the pan with paper towel and return to a high heat with a drizzle of olive oil. Add the carrot and cook for 2-3 minutes, or until almost tender. Add the garlic, ginger and Asian greens and cook for a further 1-2 minutes, or until tender and fragrant. Add the hoisin sauce, soy sauce and water (for the sauce), toss to combine, then remove the pan from the heat. Add the udon noodles and toss to coat.



SERVE UPDivide the noodles and veggies between bowls. Top with the tempura-style tofu and drizzle over the mayo mixture.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
Japanese tofu	1 block	2 blocks
carrot	1	2
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
Asian greens	1 bunch	2 bunches
mayonnaise	1 tub (40 g)	2 tubs (80 g)
water* (for the mayo)	2 tsp	1 tbs
udon noodles	½ packet	1 packet
plain flour*	2 tbs	⅓ cup
salt*	¼ tsp	½ tsp
eggs*	1	2
panko breadcrumbs	1 packet	2 packets
mixed sesame seeds	2 sachets	4 sachets
hoisin sauce	1 sachet (75 g)	2 sachets (150 g)
soy sauce*	2 tsp	1 tbs
water* (for the sauce)	2 tsp	1 tbs

*Pantry Items

PER SERVING	PER 100G
3570kJ (852Cal)	826kJ (197Cal)
36.5g	8.5g
31.4g	7.3g
3.8g	0.9g
101g	23.4g
19.6g	4.5g
3070mg	711mg
	3570kJ (852Cal) 36.5g 31.4g 3.8g 101g 19.6g

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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2018 | WK23

