



SPEEDY TEMPURA-STYLE TOFU

with Udon Noodles & Mayo Drizzle



Cook tempura style tofu



Japanese Tofu



Carrot



Garlic



Ginger



Asian Greens



Mayonnaise



Udon Noodles



Panko Breadcrumbs



Mixed Sesame Seeds



Hoisin Sauce

Hands-on: 25 mins
Ready in: 30 mins

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!

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

BEFORE YOU 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.



3 COAT THE TOFU

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 breadcrumbs** and **mixed 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, ready to fry. 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. 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.



5 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.



6 SERVE UP

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

ENJOY!

2 | 4 PEOPLE 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	½ 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

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3570kJ (852Cal)	826kJ (197Cal)
Protein (g)	36.5g	8.5g
Fat, total (g)	31.4g	7.3g
- saturated (g)	3.8g	0.9g
Carbohydrate (g)	101g	23.4g
- sugars (g)	19.6g	4.5g
Sodium (g)	3070mg	711mg

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

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Hello@HelloFresh.com.au

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