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Sticky Ginger Tofu with Soba Noodles

This perfectly sticky, saucy tofu is the centrepiece of an easy noodle dish that will leave you licking the bowl clean. There's plenty of fresh, crisp veggies throughout and a surprise in the form of fresh orange juice – in short, you have a lovely supper ahead of you.



Prep: 15 mins

Cook: 20 mins

Total: 35 min



level 1



omega 3
rich



nut free

Pantry Items



Olive Oil



Soy Sauce



Soba Noodles



Carrot



Snow Peas



Ginger



Garlic



Orange



Chinese Honey
Soy Tofu




Coriander

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2P	4P	Ingredients
⅔ packet	1 ⅓ packet	soba noodles, rinsed, to remove excess starch
1	2	carrot, sliced diagonally
1 bag	2 bags	snow peas, trimmed & halved diagonally
1 knob	2 knobs	ginger, peeled & finely grated
1 clove	2 cloves	garlic, peeled & crushed 
1	2	orange, juiced
1 tbs	2 tbs	salt-reduced soy sauce *
1 tsp	2 tsp	olive oil *
1 packet	2 packets	Chinese honey soy tofu, sliced into triangles
1 bunch	2 bunches	coriander, finely chopped

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

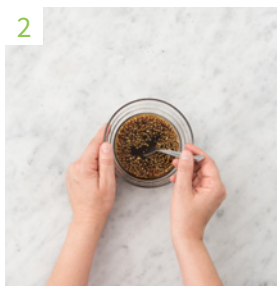
Energy	2470	Kj
Protein	30.2	g
Fat, total	12	g
-saturated	1.5	g
Carbohydrate	85	g
-sugars	16.8	g
Sodium	1590	mg



You will need: *chef's knife, chopping board, fine grater, garlic crusher, large saucepan, colander, small bowl, medium frying pan, tongs, spoon and plate.*

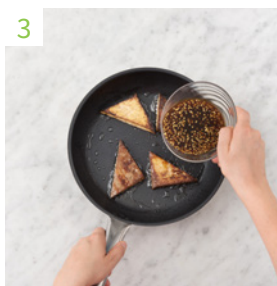
1 Bring a large saucepan of unsalted water to the boil. Once boiling, add the **soba noodles** and cook according to packet directions. Add the **carrots** and **snow peas**, cook for the final **1–2 minutes**. Drain well and rinse briefly with cool water to stop the noodles cooking further.

Tip: Check you are using the correct amount of noodles. Using more will alter the flavour of your dish.

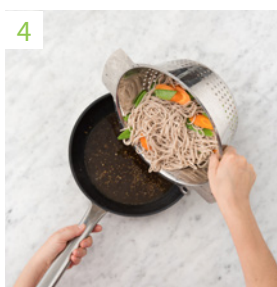


2 Combine the **ginger, garlic, orange juice** and **salt-reduced soy sauce** in a small bowl and set aside.

3 Heat the **olive oil** in a medium frying pan over high heat and add the **Chinese honey soy tofu** along with half of the orange and ginger sauce. Cook each side of the tofu for **3 minutes** and spoon the sauce over the tofu from time to time to ensure it is well coated in the flavours. Remove tofu from the pan and set aside on a plate.



4 Heat the same frying pan to high heat again and add the cooked noodles and vegetables along with the remaining sauce. Cook for **2–3 minutes**, just to heat up the noodles and vegetables again.



5 To serve, divide the noodles and vegetables between bowls and top with sticky tofu and chopped **coriander**.

Did you know? Brazil produces more oranges than any other country.