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Wk19  
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## Sweet Chilli Tofu Hokkien Noodles

Use your noodle and choose noodles! This sumptuous stir fry is a veritable greatest hits of delicious flavours and fresh veggies. We're so excited to bring you this sweet chilli stir fry – the perfect balance of sweet and tasty. After this, we reckon you'll be losing your local takeaway's number and cooking this all the time!



**Prep:** 10 mins

**Cook:** 30 mins

**Total:** 40 mins



level 1



high protein



spicy

### Pantry Items



Vegetable Oil



Soy Sauce



Thai Tofu



Hokkien Noodles



Carrot



Spring Onions



Garlic



Sweet Chilli Sauce



Roasted Cashews



Lime



Basil

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| 2P       | 4P          | Ingredients                             |
|----------|-------------|---|
| 1 tbs    | 2 tbs       | vegetable oil *                         |
| 1 packet | 2 packets   | Thai tofu, cubed                        |
| ⅔ packet | 1 ⅓ packets | hokkien noodles                         |
| 2 tbs    | 4 tbs       | sweet chilli sauce (recommended amount) |
| 2 tbs    | 4 tbs       | salt-reduced soy sauce *                |
| 1        | 2           | carrot, peeled & diagonally sliced      |
| 1 bunch  | 2 bunches   | spring onions, diagonally sliced        |
| 1 clove  | 2 cloves    | garlic, peeled & crushed                |
| ¼ cup    | ½ cup       | roasted cashews                         |
| ½        | 1           | lime, juiced                            |
| 1 bunch  | 2 bunches   | basil, leaves picked                    |

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

|              |      |    |
|--------------|------|----|
| Energy       | 2640 | Kj |
| Protein      | 31.8 | g  |
| Fat, total   | 25.1 | g  |
| -saturated   | 3.5  | g  |
| Carbohydrate | 64.6 | g  |
| -sugars      | 20.1 | g  |
| Sodium       | 1170 | mg |



**You will need:** *chef's knife, chopping board, vegetable peeler, garlic crusher, colander, large wok or frying pan, spatula, heatproof bowl, plate and a small bowl.*

- 1 Bring a kettle full of water to the boil.
- 2 Heat half of the **vegetable oil** in a large wok or frying pan over a medium-high heat. Add the **Thai tofu** and stir fry for **1-2 minutes** or until golden. Remove from the pan and place on a plate.
- 3 Place the **hokkien noodles** in a heatproof bowl, pour over the boiling water and soak for **1 minute**. Drain.
- 4 In a small bowl, combine the **sweet chilli sauce** and **salt-reduced soy sauce** with a splash of water.
- 5 Heat the remaining vegetable oil in the same wok. Add the **carrot**, **spring onion** and **garlic** and stir fry for **1 minute**. Add the noodles and stir fry for a further **1 minute**. Add the sweet chilli sauce mixture to the wok with the **roasted cashews** and tofu. Stir fry for **1-2 minutes** or until heated through and well combined. Add the **lime juice** and remove from the heat. Fold through the **basil leaves**.
- 6 Divide the noodle stir fry between serving bowls.



**Did you know?** Cashew nuts are native to Brazil.