

# Thai-Style Tofu & Udon Noodle Stir-Fry with Garlicky Veggies & Coriander

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Malaysian Tofu



Plant-Based Asian Mushroom



Plant-Based Fish Sauce



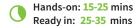
Shredded Cabbage



Coriander

**Pantry items** 

Olive Oil, Soy Sauce, Brown Sugar, Rice Wine Vinegar





A couple of unique plant-based sauces transform this peanutty tofu stir-fry into something special. Loading the udon up with veggies helps keeps the cals down, all while adding a pop of colour and extra burst of flavour.

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

 ${\sf Medium\ saucepan\cdot Large\ frying\ pan}$ 

## Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
udon noodles	1 packet	2 packets	
carrot	1	2	
broccoli	1 head	2 heads	
garlic	1 clove	2 cloves	
Malaysian tofu	1 packet	2 packets	
plant-based Asian mushroom sauce	1 medium packet	1 large packet	
plant-based fish sauce	1 packet	2 packets	
soy sauce*	2 tbs	⅓ cup	
brown sugar*	1 tbs	2 tbs	
rice wine vinegar*	drizzle	drizzle	
shredded cabbage mix	1 medium bag	1 large bag	
coriander	1 bag	1 bag	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2235kJ (534Cal)	458kJ (109Cal)
Protein (g)	28.7g	5.9g
Fat, total (g)	12.4g	2.5g
- saturated (g)	2.3g	0.5g
Carbohydrate (g)	71.1g	14.6g
- sugars (g)	31.8g	14.6g
Sodium (mg)	2387mg	490mg

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Cook the noodles

- · Boil the kettle.
- Half-fill a medium saucepan with the boiling water. Cook udon noodles over a medium-high heat until tender, 3-4 minutes. In the last minute, gently stir with a fork to separate.
- · Drain, rinse and set aside.



## Get prepped

- While noodles are cooking, thinly slice carrot into half-moons. Chop the broccoli (including the stalk!) into small florets. Finely chop garlic.
- · Cut Malaysian tofu into 2cm chunks.
- In a small bowl, combine plant-based Asian mushroom sauce, plant-based fish sauce, soy sauce, brown sugar and a drizzle of rice wine vinegar.



## Bring it all together

- In a large frying pan, heat a drizzle of olive oil over a high heat. Stir-fry the
  carrot and broccoli until tender, 4-5 minutes. Add garlic and cook until
  fragrant, 1 minute. Transfer to a bowl and cover to keep warm.
- Return pan to a medium-high heat with a drizzle of olive oil. When oil is hot, cook tofu, tossing, until browned, 3-4 minutes.
- Return veggies to pan, then add drained noodles and shredded cabbage mix and cook until cabbage is wilted, 2 minutes. Remove from heat, then add sauce mixture, tossing to coat. Season to taste.

TIP: Add a dash of water to the pan to help speed up the cooking process!



## Serve up

- Divide Thai-style tofu and udon noodle stir-fry between bowls.
- Tear over coriander to serve.

## Enjoy!

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