



# Thai-Style Tofu & Udon Noodle Stir-Fry

with Garlicky Veggies & Coriander

Grab your Meal Kit with this symbol



Udon Noodles



Carrot



Broccoli



Garlic



Malaysian Tofu



Plant-Based Asian Mushroom Sauce



Plant-Based Fish Sauce



Shredded Cabbage Mix



Coriander

Hands-on: 15-25 mins  
Ready in: 25-35 mins

Plant based

Calorie Smart

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 calcs 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!*

### Pantry items

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



## 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

Medium saucepan · Large frying pan

## Ingredients

	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 plant-based	1 packet	2 packets
Asian mushroom sauce	1 medium packet	1 large packet
plant-based fish sauce	1 packet	2 packets
soy sauce*	2 tbs	¼ 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

\*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](https://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.



## 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!



## 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**.



## Serve up

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

## Enjoy!

## Rate your recipe

Scan here to rate this recipe!

