



# Tofu & Green Curry Noodles

with Veggies & Peanuts

Grab your Meal Kit with this symbol



Broccoli



Onion



Carrot



Garlic



Makrut Lime Leaves



Lemon



Malaysian Tofu



Udon Noodles



Thai Green Curry Paste



Coconut Milk



Plant-Based Fish Sauce



Crushed Peanuts

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep-in: 30-40 mins  
Ready in: 40-50 mins

Spicy (Thai green curry paste)

Topped with peanutty tofu, this fragrant meal packs oodles of flavour into every mouthful. The Thai green curry paste works its magic with the creamy coconut milk to create the moreish sauce, which the chewy udon and tender veggies mop up happily. Don't forget to add the lemon and plant-based fish sauce for some zing and to cut through the richness.

### Pantry items

Olive Oil, Plain Flour, Brown Sugar



## 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
broccoli	½	1
onion	1	2
carrot	1	2
garlic	3 cloves	6 cloves
makrut lime leaves	2 leaves	4 leaves
lemon	½	1
Malaysian tofu	1 packet	2 packets
plain flour*	2 tbs	¼ cup
udon noodles	1 packet	2 packets
Thai green curry paste	¾ tin	1 ½ tins
coconut milk	1 medium tin	1 large tin
plant-based fish sauce	1 packet	2 packets
brown sugar*	½ tbs	1 tbs
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3455kJ (825Cal)	539kJ (128Cal)
Protein (g)	32.7g	5.1g
Fat, total (g)	38.4g	6g
- saturated (g)	16.5g	2.6g
Carbohydrate (g)	77.4g	12.1g
- sugars (g)	30.6g	4.8g
Sodium (mg)	2460mg	384mg

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.



## Get prepped

Chop **broccoli** (see ingredients), including the stalk, into small florets. Thinly slice **onion**. Thinly slice **carrot** into half-moons. Finely chop **garlic**. Remove centre veins from **makrut lime leaves**, then very finely chop. Zest **lemon** and slice into wedges. Bring a medium saucepan of water to the boil.

**TIP:** The makrut lime leaves are fibrous so you want to cut them into small pieces!



## Cook the veggies

While the noodles are cooking, wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **broccoli**, **onion** and **carrot**, tossing, until tender, **6-7 minutes**.

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



## Cook the tofu

Cut **Malaysian tofu** into 2cm chunks. In a medium bowl, combine the **plain flour** and a pinch of **salt**. Add **tofu**, tossing to coat. In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **tofu**, turning, until browned all over, **3-4 minutes**. Transfer to a plate.



## Bring it all together

**SPICY!** You may find the curry paste hot! Add less if you're sensitive to heat. Add **garlic**, **makrut lime leaves** and **Thai green curry paste** to the pan. Cook, stirring, until fragrant, **1-2 minutes**. Add **coconut milk**, **plant-based fish sauce**, the **brown sugar**, **lemon zest** and a generous squeeze of **lemon juice**. Cook until slightly thickened, **1-2 minutes**. Add drained **noodles** and cook, stirring, until warmed through and combined, **1 minute**.



## Cook the noodles

Cook **udon noodles** in the saucepan of boiling water until tender, **3-4 minutes**. In the last **minute**, gently stir with a fork to separate. Drain, rinse and set aside.



## Serve up

Divide green curry noodles between bowls. Top with tofu. Sprinkle with **crushed peanuts** to serve.

Enjoy!

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