



# SWEET SOY TOFU NOODLES

with Garlic-Ginger Veg



Master an Asian stir-fry sauce



Carrot



Snow Peas



Asian Greens



Long Red Chilli (Optional)



Japanese Tofu



Garlic



Ginger



Udon Noodles



Crushed Peanuts



Kecap Manis

Hands-on: **20 mins**  
Ready in: **30 mins**  
Spicy (optional long red chilli)

Never fear – with pre-marinated tofu giving you hours' worth of flavour, this recipe all comes together like a flash in a pan. Oh and speaking of pans – make sure yours is at the right temperature before you start adding ingredients for the perfect result.

**Pantry Staples:** Olive Oil, Honey, Soy Sauce

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **large saucepan** • **large wok** or **frying pan**



### 1 GET PREPPED

Bring a large saucepan of water to the boil. Thinly slice the **carrot** (unpeeled) into half-moons. Trim the **snow peas** and either leave them whole or cut them in half. Roughly chop the **Asian greens**. Thinly slice the **long red chilli** (if using). Slice the **Japanese tofu** into 2cm squares. Finely grate the **garlic** (or use a garlic press). Finely grate the **ginger**.



### 2 COOK THE NOODLES

Add the **udon noodles** (see ingredients list) to the saucepan of boiling water and cook for **8-10 minutes**, or until just tender. Drain and refresh under cold water.



### 3 COOK THE TOFU

While the noodles are cooking, heat a **drizzle of olive oil** in a large wok or frying pan over a medium-high heat. Add the **tofu** and cook for **2 minutes** each side, or until heated through and lightly golden. Transfer to a plate.



### 4 COOK THE VEG

Return the wok or frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **carrot** and cook, tossing, for **2-3 minutes**, or until tender. Add the **snow peas, garlic** and **ginger** and cook for **1 minute**, or until fragrant. Add the **Asian greens** and cook, tossing, for **1-2 minutes**, or until wilted. Add the **udon noodles** and **tofu** and toss until heated through.



### 5 MAKE IT SAUCY

Add the **kecap manis, honey, soy sauce** and the **warm water** to the noodle mixture. Stir to coat, then remove from the heat.



### 6 SERVE UP

Divide the tofu with noodles and ginger veg between plates. Top with the **crushed peanuts** and long red chilli (if using).

**TIP:** Some like it hot but if you don't, just hold back on the chilli.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
snow peas	1 bag (100 g)	1 bag (200 g)
Asian greens	1 bunch	2 bunches
long red chilli (optional)	1	2
Japanese tofu	1 block	2 blocks
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
udon noodles	½ packet	1 packet
kecap manis	1 sachet (75 g)	2 sachets (150 g)
honey*	1 tsp	2 tsp
soy sauce*	3 tsp	1½ tbs
warm water*	1 tbs	2 tbs
crushed peanuts	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2690kJ (643Cal)	666kJ (159Cal)
Protein (g)	30.7g	7.6g
Fat, total (g)	18.4g	4.6g
- saturated (g)	2.7g	0.7g
Carbohydrate (g)	86.7g	21.5g
- sugars (g)	24.5g	6.1g
Sodium (g)	2420mg	598mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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