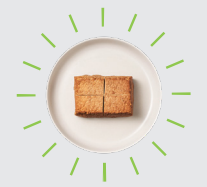




MALAYSIAN TOFU & SESAME NOODLE BOWL

with Roasted Peanuts



Make a tofu veggie
noodle bowl



Carrot



Red Capsicum



Ginger



Coriander



Spring Onion



Udon Noodles



Malaysian Tofu



Black Sesame Seeds



Roasted Peanuts



Hands-on: 20 mins

Ready in: 25 mins

This one looks pretty delicious, right? Well, lucky for you it won't be long before you can taste how good it is, as this one's ready in a flash! But it's no flash in the pan, you'll want to eat it again and again. The carrot matchsticks add some lovely crunch to this one but it works if you grate them too. Up to you! We're nice like that.

Pantry Staples: Olive Oil, Soy Sauce, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan, fine grater, colander, large frying pan, plate** and **foil**.



1 GET PREPPED

Bring a medium saucepan of water to the boil. **TIP:** Put a lid on the saucepan to boil the water faster! Cut the **carrot** (unpeeled) into thin matchsticks. **TIP:** You can grate the carrot if you'd prefer! Thinly slice the **red capsicum**. Thinly slice the **spring onion** (keep the white and green parts separate). Finely chop the **coriander**. 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. Return to the pan and **drizzle** with **olive oil** to prevent the noodles from sticking together.



3 BROWN THE TOFU

While the noodles are cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Once hot, add the **Malaysian tofu** and fry for **2 minutes** on each side, or until golden. Transfer to a plate and cover with foil to keep warm.



4 COOK THE VEG

Return the pan to a medium heat with a **drizzle of olive oil**. Add the **carrot** and the **capsicum** and stir fry for **3-5 minutes**, or until softened. Add the **ginger** and **spring onion (white part)** and cook, stirring, for **1 minute**. Add the **soy sauce** and **honey** and simmer for **1 minute**. Add the **noodles** and **black sesame seeds** and stir to combine.



5 SLICE THE TOFU

Slice each tofu piece into about six slices.



6 SERVE UP

Divide the sesame noodles between bowls. Top with the sliced tofu, roasted peanuts, spring onion (green parts) and coriander.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
red capsicum	1	2
spring onion	1 bunch	1 bunch
coriander	1 bunch	1 bunch
ginger	1 knob	2 knobs
udon noodles	½ packet	1 packet
Malaysian tofu	1 block	2 blocks
soy sauce*	2 tbs	½ cup
honey*	2 tbs	½ cup
black sesame seeds	1 sachet	2 sachets
roasted peanuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2750kJ (657Cal)	724kJ (173Cal)
Protein (g)	29.4g	7.7g
Fat, total (g)	22.2g	5.8g
- saturated (g)	3.1g	0.8g
Carbohydrate (g)	81.7g	21.5g
- sugars (g)	26.6g	7.0g
Sodium (g)	2590mg	681mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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