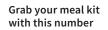


Laksa-Style Tofu Noodle Soup with Asian Greens

NEW



















Udon Noodles





Seasoning



Ginger Paste



Southeast Asian Spice Blend



Coconut Milk





Prep in: 25-35 mins Ready in: 30-40 mins



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
celery	1 stalk	2 stalks	
Asian greens	1 packet	2 packets	
garlic	2 cloves	4 cloves	
udon noodles	1 packet	2 packets	
firm tofu	½ packet	1 packet	
sweet soy seasoning	1 sachet	2 sachets	
plain flour*	1 tsp	2 tsp	
ginger paste	1 medium packet	1 large packet	
Southeast Asian spice blend	1 medium sachet	1 large sachet	
coconut milk	2 medium packets	4 medium packets	
water*	1 cup	2 cups	
soy sauce*	3 tbs	6 tbs	
brown sugar*	½ tbs	1 tbs	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3435kJ (821Cal)	504kJ (120Cal)
Protein (g)	28.2g	4.1g
Fat, total (g)	48.3g	7.1g
- saturated (g)	26.6g	3.9g
Carbohydrate (g)	54.5g	8g
- sugars (g)	12.9g	1.9g
Sodium (mg)	1633mg	240mg
Dietary Fibre (g)	5g	1.3g

The quantities provided above are averages only.

Allergens

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

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



Get prepped

- · Bring a large saucepan of water to the boil.
- Thinly slice carrot into half-moons.
- Thinly slice **celery**.
- · Roughly chop Asian greens.
- · Finely chop garlic.



Cook the noodles

- Add **udon noodles** to the boiling water and cook over medium-high heat until tender, 3-4 minutes.
- In the last minute of cook time, gently stir noodles with a fork to separate.
- · Drain, rinse and set aside.



Cook the tofu

- Meanwhile, cut firm tofu (see ingredients) into 1cm cubes.
- In a medium bowl, place tofu, sweet soy seasoning and the plain flour and toss 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 paper towel-lined plate and set aside.



Start the soup

- Wipe out frying pan and return to medium-high heat with a drizzle of olive oil. Cook carrot and celery, stirring, until tender, 4-5 minutes.
- Add garlic, ginger paste, Southeast Asian spice blend and a drizzle of olive oil and cook, stirring, until fragrant, 1 minute.



Finish the soup

- · Add Asian greens, coconut milk, the water, soy sauce and the brown sugar to the pan and stir to combine.
- · Bring to the boil and simmer until heated through, 2 minutes.



Serve up

- · Divide udon noodles between bowls.
- Pour over Laksa-style soup.
- Top with tofu. Enjoy!



CUSTOM OPTIONS