



Southeast Asian-Style Tofu Noodle Soup

with Baby Broccoli & Coriander

Grab your meal kit with this number

25



Carrot



Baby Broccoli



Garlic



Coriander



Udon Noodles



Firm Tofu



Sweet Soy Seasoning



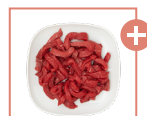
Ginger Paste



Southeast Asian Spice Blend



Coconut Milk



Beef Strips



Chicken Thigh

Prep in: 20-30 mins
Ready in: 25-35 mins

Calorie Smart

Plant Based

On a cold winter night, a soup is always the best go-to dinner option. Strings of yummy noodles will go down smoothly with golden spiced tofu and veggies in a creamy coconut broth. This bowl of soup will have you feeling warm in no time.

Pantry items

Olive Oil, Plain Flour, Soy Sauce, Brown Sugar

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

Medium saucepan · Large frying pan · Large saucepan

Ingredients

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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2118kJ (506Cal)	398kJ (95Cal)
Protein (g)	27.5g	5.2g
Fat, total (g)	29.7g	5.6g
- saturated (g)	17g	3.2g
Carbohydrate (g)	55.8g	10.5g
- sugars (g)	12.4g	2.3g
Sodium (mg)	1589mg	299mg
Dietary Fibre (g)	6.3g	1.2g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



Get prepped

- Boil the kettle.
- Thinly slice **carrot** into half-moons. Halve any thicker stalks of **baby broccoli** lengthways.
- Finely chop **garlic** and **coriander**.



Start the soup

- While the tofu is cooking, heat a large saucepan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **baby broccoli**, 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**.



Cook the noodles

- Half-fill a medium saucepan with boiling water. Cook **udon noodles** 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 then set aside.



Add the sauces

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



Fry the tofu

- Meanwhile, cut **firm tofu** (see ingredients) into 1cm chunks. 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, **5-7 minutes**. Transfer to a paper towel-lined plate and set aside.



Serve up

- Divide udon noodles between bowls. Pour over Southeast Asian soup. Top with tofu.
- Garnish with coriander to serve. Enjoy!

CUSTOM OPTIONS

+ ADD BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

+ ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook until browned and cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

