



Southeast Asian-Style Tofu Noodle Soup

with Baby Broccoli & Coriander

Grab your meal kit with this number

7



Carrot



Baby Broccoli



Garlic



Coriander



Plain Tofu



Udon Noodles



Ginger Paste



Sweet Soy Seasoning



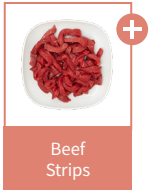
Southeast Asian Spice Blend



Coconut Milk



Chicken Thigh



Beef Strips

Prep in: 25-35 mins
Ready in: 30-40 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 tofu and veggies in a creamy coconut broth. This bowl of soup will have you feeling warm in no time.

Pantry items

Olive Oil, 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	1 medium bunch	2 medium bunches
garlic	2 cloves	4 cloves
coriander	1 packet	1 packet
plain tofu	½ packet	1 packet
udon noodles	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
sweet soy seasoning	1 sachet	2 sachets
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)	373kJ (89Cal)
Protein (g)	27.7g	4.9g
Fat, total (g)	29.4g	5.2g
- saturated (g)	17g	3g
Carbohydrate (g)	55.8g	9.8g
- sugars (g)	13g	2.3g
Sodium (mg)	1577mg	278mg
Dietary Fibre (g)	7g	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.



Get prepped

- Boil the kettle.
- Thinly slice **carrot** into half-moons. Halve any thicker stalks of **baby broccoli** lengthways. Finely chop **garlic** and **coriander**.
- Cut **plain tofu** (see ingredients) into 2cm chunks.
- 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 set aside.



Finish the soup

- Add **coconut milk**, the **water**, **soy sauce** and **brown sugar** and stir to combine. Bring to the boil and simmer until heated through, **2 minutes**.
- Gently stir in the **plain tofu** and cook, **2-3 minutes** until heated through.



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **baby broccoli**, stirring, until tender, **4-5 minutes**.
- Add **garlic**, **ginger paste**, **sweet soy seasoning**, **Southeast Asian spice blend** and a drizzle of **olive oil** and cook, stirring, until fragrant, **1 minute**.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



CUSTOM OPTIONS

+ ADD CHICKEN THIGH

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

+ ADD BEEF STRIPS

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

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

