



Asian Tofu & Sweet Chilli Veggie Stir-Fry

with Egg Noodles & Crushed Peanuts

NEW

Grab your meal kit with this number

34



Garlic



Carrot



Onion



Asian Greens



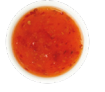
Plain Tofu



Egg Noodles



Sweet Soy Seasoning



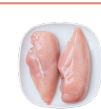
Sweet Chilli Sauce



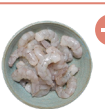
Asian Stir-Fry Sauce



Crushed Peanuts



Chicken Breast



Peeled Prawns

Prep in: 20-30 mins
Ready in: 30-40 mins

Protein Rich

We're stirring and frying these soft little tofu cubes tonight in our favourite sweet soy seasoning. Toss them through oodles of egg noodles with veggies and a too-good-to-be-true sweet chilli stir fry sauce, with a sprinkling of peanuts on top for crunch. It's a gold star from us!

Pantry items

Olive Oil, Soy Sauce, Sesame Oil

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
onion	½	1
Asian greens	1 packet	2 packets
plain tofu	½ packet	1 packet
egg noodles	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
sweet chilli sauce	1 medium packet	1 large packet
Asian stir-fry sauce	½ medium packet	1 medium packet
soy sauce*	1 tbs	2 tbs
sesame oil*	1 tbs	2 tbs
water*	¼ cup	½ cup
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3121kJ (745Cal)	490kJ (117Cal)
Protein (g)	35.9g	5.6g
Fat, total (g)	25.2g	4g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	95.5g	15g
- sugars (g)	28.9g	4.5g
Sodium (mg)	1999mg	314mg
Dietary Fibre (g)	15.5g	2.4g

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 | CW41



Get prepped

- Boil the kettle. Finely chop **garlic**. Thinly slice **carrot** into half-moons. Cut **onion (see ingredients)** into wedges. Roughly chop **Asian greens**.
- Cut **plain tofu (see ingredients)** into 2cm chunks.



Cook the stir-fry

- In a large frying pan over, heat a generous drizzle of **olive oil** over medium-high heat.
- When the oil is hot, cook **tofu**, turning occasionally, **4-5 minutes**.
- Add **sweet soy seasoning** and cook, turning to coat, until fragrant, **1 minute**. Transfer to a plate.
- Return frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **onion** until tender, **3-4 minutes**.
- Add **garlic**, **Asian greens** and **egg noodles** and stir-fry until fragrant, **1 minute**.

CUSTOM OPTIONS

+ ADD CHICKEN BREAST

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

+ ADD PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.



Cook the noodles

- Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.



Serve up

- Reduce heat to medium and add **sweet chilli sauce**, **Asian stir-fry sauce (see ingredients)**, the **soy sauce**, **sesame oil** and **water**. Simmer until slightly reduced, **2-3 minutes**.
- Divide sweet chilli egg noodle stir-fry between bowls. Top with sweet soy tofu and garnish with **crushed peanuts** to serve. Enjoy!

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

