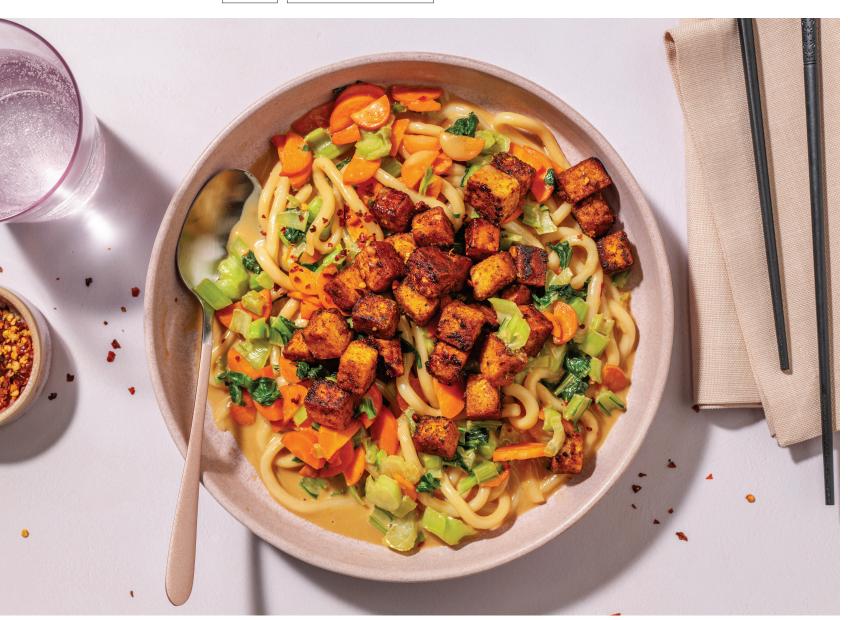
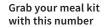


Sweet Soy Tofu & Katsu Coconut Noodles with Asian Greens & Chilli Flakes

NEW

CLIMATE SUPERSTAR













Carrot



Plain Tofu



Udon Noodles



Sweet Soy Seasoning





Coconut Milk

Katsu Paste



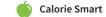
Chilli Flakes (Optional)





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

Plant Based



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
Asian greens	1 packet	2 packets
carrot	1	2
plain tofu	½ packet	1 packet
udon noodles	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
katsu paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
soy sauce*	1 tsp	2 tsp
water*	1/4 cup	½ cup
chilli flakes ∮ (optional)	1 pinch	1 pinch

^{*}Pantry Items

Nutrition

ъ о :	D 400
•	Per 100g
2105kJ (503Cal)	399kJ (95Cal)
25.2g	4.8g
30.6g	5.8g
17g	3.2g
54.9g	10.4g
12.4g	2.3g
1308mg	248mg
6.9g	1.3g
	25.2g 30.6g 17g 54.9g 12.4g 1308mg

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.
- Meanwhile, finely chop garlic. Roughly chop Asian greens. Thinly slice carrot into half-moons.
- Cut plain tofu (see ingredients) into 2cm chunks.



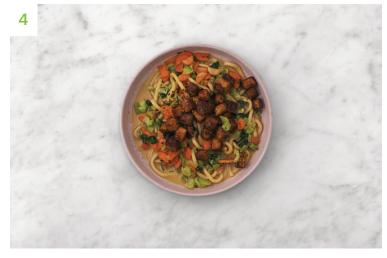
Cook the noodles

- 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 set aside.



Cook the tofu & veggies

- In a large frying pan, 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 bowl.
- Return frying pan to a medium-high heat with a drizzle of olive oil. Cook carrot, until tender, 3-4 minutes.
- Add garlic and Asian greens and stir-fry until fragrant, 1 minute.



Serve up

- Reduce heat to medium and stir in katsu paste, coconut milk, the brown sugar, soy sauce and water and cook until combined, 1-2 minutes. Season to taste.
- · Stir through udon noodles. Season to taste.
- Divide katsu coconut noodles between bowls.
- Top with sweet soy tofu and a pinch of **chilli flakes** (if using). Enjoy!





OPTIONS

SWAP TO DICED CHICKEN

In a large frying pan, cook with a drizzle of olive oil until browned and cooked through, 3-4 minutes.



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

