



Sweet Soy Tofu & Katsu Coconut Noodles

with Asian Greens & Chilli Flakes

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Garlic



Asian Greens



Carrot



Plain Tofu



Udon Noodles



Sweet Soy Seasoning



Katsu Paste



Coconut Milk



Chilli Flakes (Optional)



Diced Chicken



Beef Mince

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

Calorie Smart

Plant Based

These golden nuggets of sweet soy tofu are getting extra special treatment today, tangled up in udon noodles with a creamy coconut katsu sauce. You'll be slurping your way to flavour-town in no time!

Pantry items

Olive Oil, Brown Sugar, Soy Sauce

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*	¼ cup	½ cup
chilli flakes (optional)	1 pinch	1 pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2105kJ (503Cal)	399kJ (95Cal)
Protein (g)	25.2g	4.8g
Fat, total (g)	30.6g	5.8g
- saturated (g)	17g	3.2g
Carbohydrate (g)	54.9g	10.4g
- sugars (g)	12.4g	2.3g
Sodium (mg)	1308mg	248mg
Dietary Fibre (g)	6.9g	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

- 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 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**.



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.



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!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM 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.



SWAP TO BEEF MINCE

Cook, breaking up with a spoon, until browned, 4-5 minutes.

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

