



Southeast Asian-Style Tofu Noodle Soup

with Asparagus & Coriander

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your meal kit with this number

32



Carrot



Asparagus



Garlic



Coriander



Firm Tofu



Udon Noodles



Ginger Paste



Sweet Soy Seasoning



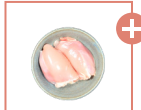
Southeast Asian Spice Blend



Coconut Milk



Beef Strips



Chicken Thigh

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart

Protein Rich

Plant Based

A steamy noodle soup is always the best go-to dinner option. Strings of yummy udon noodles will go down smoothly with golden spiced tofu and veggies in a creamy coconut broth. This bowl of goodness will have you humming in bliss 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

Two medium saucepans

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
asparagus	1 bunch	2 bunches
garlic	2 cloves	4 cloves
coriander	1 packet	1 packet
firm 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*	1¼ cups	2½ cups
soy sauce*	2 tbs	¼ cup
brown sugar*	½ tbs	1 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2115kJ (505Cal)	373kJ (89Cal)
Protein (g)	27.6g	4.9g
Fat, total (g)	29.3g	5.2g
- saturated (g)	17g	3g
Carbohydrate (g)	56.2g	9.9g
- sugars (g)	13.2g	2.3g
Sodium (mg)	1694mg	299mg
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.
- Trim ends of **asparagus**.
- Finely chop **garlic** and **coriander**.
- Cut **firm 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.



Start the soup

- Meanwhile, heat a second medium saucepan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **asparagus**, 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**.



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**.



Cook the tofu

- Gently stir in **tofu** and cook until heated through, **2-3 minutes**.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



CUSTOM OPTIONS



ADD BEEF STRIPS

Before starting soup, cook in batches, tossing, until browned and cooked through, 1-2 minutes. Stir through before serving.



ADD CHICKEN THIGH

Cut into bite-sized pieces. Before starting soup, cook until cooked through, 4-6 minutes. Stir through before serving.

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

