



Southeast Asian-Style Tofu Noodle Soup

with Veggies & Herbs

Grab your Meal Kit with this symbol



Onion



Carrot



Garlic



Herbs



Udon Noodles



Sweet Soy Seasoning



Ginger Paste



Southeast Asian Spice Blend



Coconut Milk



Baby Spinach Leaves



Firm Tofu

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

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 golden spiced tofu and veggies in a creamy coconut broth. This bowl of soup will have you feeling warm in no time.

Pantry items

Olive Oil, Plain Flour, Soy Sauce, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
carrot	1	2
garlic	2 cloves	4 cloves
herbs	1 bag	1 bag
udon noodles	1 packet	2 packets
firm tofu	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
plain flour*	1 tsp	2 tsp
ginger paste	1 medium packet	1 large packet
Southeast Asian spice blend	1 sachet	1 sachet
coconut milk	1 tin (400ml)	2 tins (800ml)
water*	1 cup	2 cups
soy sauce*	2 tbs	¼ cup
brown sugar*	½ tbs	1 tbs
baby spinach leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3923kJ (938Cal)	554kJ (132Cal)
Protein (g)	37.5g	5.3g
Fat, total (g)	53g	7.5g
- saturated (g)	27.5g	3.9g
Carbohydrate (g)	64.1g	9g
- sugars (g)	18.8g	2.7g
Sodium (mg)	1990mg	281mg

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

- Bring a large saucepan of water to the boil.
- Thinly slice **onion** (see ingredients). Thinly slice **carrot** into half-moons. Finely chop **garlic**. Roughly chop **herbs**.



Start the soup

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **onion** and **carrot**, stirring, until tender, **4-5 minutes**.
- Add **garlic**, **ginger paste**, **Southeast Asian spice blend** and a drizzle of **olive oil** and cook, stirring, until fragrant, **1 minute**.



Cook the noodles

- Add **udon noodles** to the boiling water and cook 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.



Make it saucy

- 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**.
- Stir through **baby spinach leaves** and cook until wilted, **1 minute**.



Cook the tofu

- Meanwhile, cut **firm tofu** into 2cm cubes. In a medium bowl, place **tofu**, **sweet soy seasoning** and the **plain flour** and toss to coat.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, turning, until browned all over, **3-4 minutes**. Transfer to a paper towel-lined plate.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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