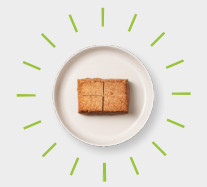




SESAME-CRUMBED JAPANESE TOFU

with Udon Noodle Stir-Fry



Crust tofu with a golden sesame crumb



Japanese Tofu



Carrot



Garlic



Ginger



Broccoli



Lime



Udon Noodles



Panko Breadcrumbs



Black Sesame Seeds



Hoisin Sauce

Hands-on: 30 mins
Ready in: 30 mins

We are all familiar with the 4 tastes... sweet, salty, bitter and sour. But, did you know there is a fifth taste, umami...!? It comes from the Japanese word for 'delicious' and is used to describe the savoury and meaty flavours. Tonight's meal is big on umami – so go on, get stuck in and enjoy all the delicious flavour!

Pantry Staples: Olive Oil, Plain Flour, Egg, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large frying pan**



1 GET PREPPED

Bring a medium saucepan of water to the boil. Slice each square of **Japanese tofu** into quarters. Chop the **broccoli** into small florets, then roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half moons. Slice the **lime** in half. Finely grate the **garlic** (or use a garlic press). Finely grate the **ginger**.



2 COOK THE NOODLES

Add the **udon noodles** (see **ingredients list**) to the saucepan of boiling water. Cook until tender, **8-10 minutes**. Drain, refresh under cold water and set aside.



3 COAT THE TOFU

While the noodles are cooking, combine the **plain flour**, the **salt** and a **good pinch** of **pepper** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs** (see **ingredients list**) and **black sesame seeds**. Take a big handful of **tofu** and coat in the flour mixture, followed by the egg, and finally in the panko sesame mix. Set aside on a plate. Repeat with the remaining tofu.



4 FRY THE TOFU

In a large frying pan, heat a **good drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **tofu** and fry until golden, **2 minutes** on each side. Transfer to a plate lined with paper towel. **TIP:** *If your pan is getting crowded, cook in batches for the best results!*



5 STIR-FRY THE VEG

Wipe out the pan with paper towel and return to a high heat with a **drizzle** of **olive oil**. Add the **broccoli** and cook until starting to soften, **2 minutes**. Add the **carrot** and cook until almost tender, **2-3 minutes**. Add the **garlic** and **ginger** and cook, stirring, until tender and fragrant, **30 seconds**. Add the **hoisin sauce**, **soy sauce**, the **water** and a **good squeeze** of **lime juice**, toss to combine, then remove from the heat. Add the **udon noodles** and toss to coat, adding a splash more water to loosen the sauce if needed.



6 SERVE UP

Divide the noodles and veggies between bowls. Top with the sesame-crusted tofu.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
Japanese tofu	1 block	2 blocks
broccoli	1 head	2 heads
carrot	1	2
lime	1	2
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
udon noodles	½ packet	1 packet
plain flour*	2½ tbs	½ cup
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	½ packet	1 packet
black sesame seeds	1 sachet	2 sachets
hoisin sauce	1 sachet (75 g)	2 sachets (150 g)
soy sauce*	2 tsp	4 tsp
water*	4 tsp	2½ tbs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3340kJ (797Cal)	638kJ (152Cal)
Protein (g)	42.3g	8.1g
Fat, total (g)	21.5g	4.1g
- saturated (g)	3.0g	0.6g
Carbohydrate (g)	101g	19.3g
- sugars (g)	18.8g	3.6g
Sodium (g)	3170mg	607mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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