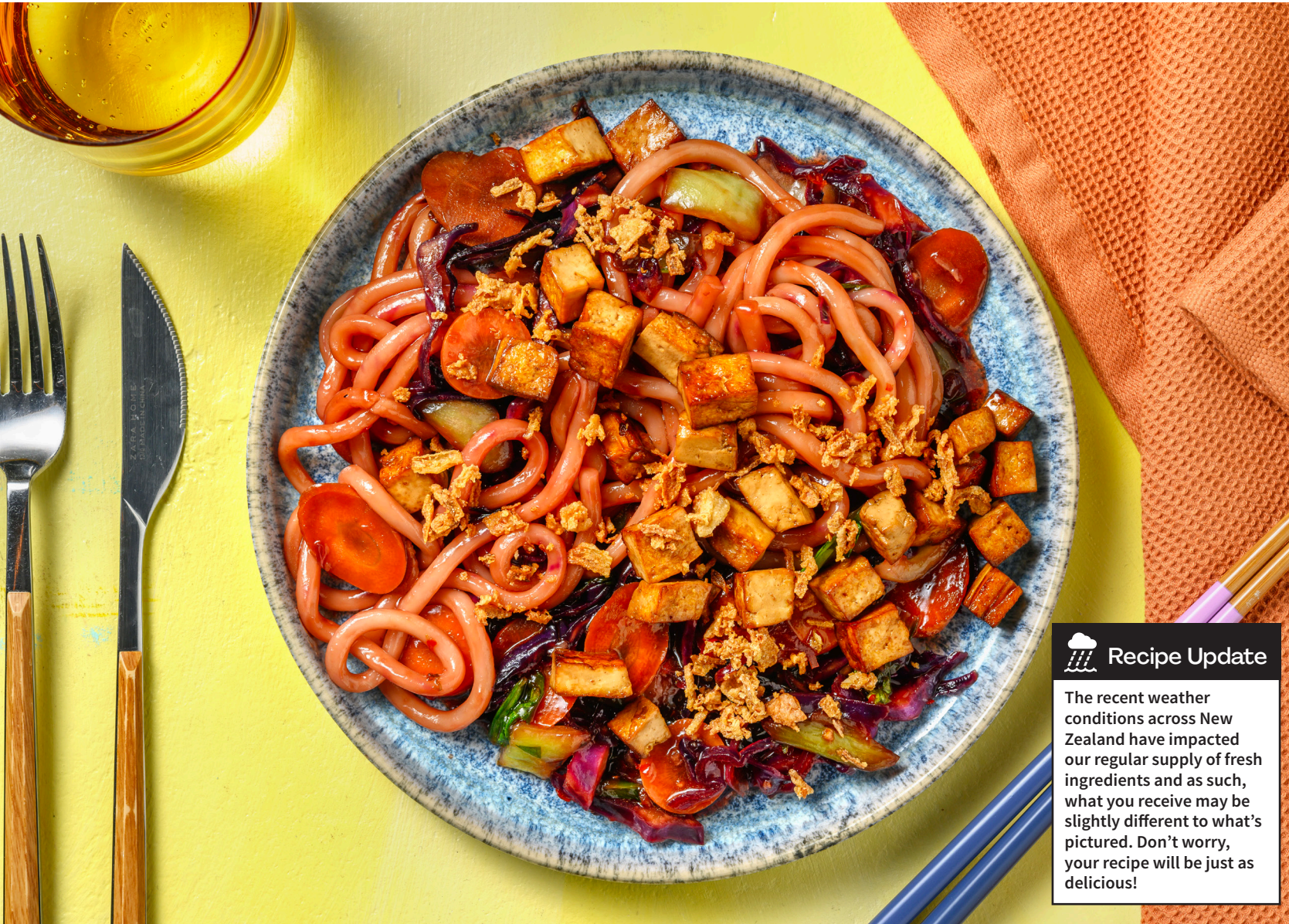




# Southeast Asian Tofu & Chilli Jam Noodles

with Garlic Veggies & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Southeast Asian Spice Blend



Udon Noodles



Asian Stir-Fry Sauce



Chilli Jam



Coriander



Firm Tofu



Asian Stir-Fry Mix



Crispy Shallots



Beef Strips

### Recipe Update

The recent weather conditions across New Zealand have 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: **20-30 mins**  
Ready in: **25-35 mins**  
Calorie Smart\*



Plant Based^  
^Custom Recipe is not Plant Based



\*Custom recipe is not Calorie Smart

Tofu and noodles are a great vegetarian-style dinner so let's add a fun twist to them like a Southeast Asian spice blend to the tofu or a chilli jam as a sauce. Sprinkle over crispy shallots and now things are getting exciting!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plain Flour, Soy Sauce, Sesame Oil

## Before you start

wash your hands and any fresh food

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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
firm tofu	½ packet	1 packet
Southeast Asian spice blend	1 medium sachet	1 large sachet
<b>plain flour*</b>	½ tbs	1 tbs
udon noodles	1 packet	2 packets
Asian stir-fry mix	1 bag (300g)	1 bag (600g)
Asian stir-fry sauce	1 medium packet	1 large packet
chilli jam	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tbs	2 tbs
<b>sesame oil*</b>	1 tsp	2 tsp
<b>water*</b>	¼ cup	½ cup
coriander	1 bag	1 bag
crispy shallots	1 packet	1 packet
beef strips**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2335kJ (558Cal)	508kJ (121Cal)
Protein (g)	23g	5g
Fat, total (g)	13g	2.8g
- saturated (g)	4.3g	0.9g
Carbohydrate (g)	78.7g	17.1g
- sugars (g)	35.1g	7.6g
Sodium (mg)	2545mg	553mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3132kJ (749Cal)	535kJ (128Cal)
Protein (g)	51.7g	8.8g
Fat, total (g)	21.3g	3.6g
- saturated (g)	7.6g	1.3g
Carbohydrate (g)	78.7g	13.5g
- sugars (g)	35.1g	6g
Sodium (mg)	2595mg	444mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW11



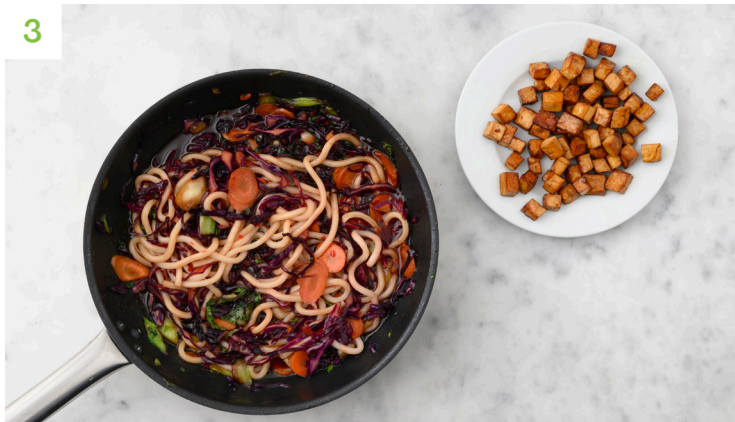
1



## Get prepped

- Boil the kettle. Finely chop **garlic**. Pat **firm tofu** (see ingredients) dry with paper towel, then cut into 1cm cubes.
- In a medium bowl, combine **tofu**, **Southeast Asian spice blend** and the **plain flour**.

3



## Cook the tofu & veggies

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **tofu**, tossing occasionally, until golden **4-5 minutes**. Transfer to a plate.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **Asian stir-fry mix**, stirring, until softened, **2-3 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**.
- Add **Asian stir-fry sauce**, **chilli jam**, the **soy sauce**, **sesame oil**, the **water** and **noodles**. Cook, stirring, until slightly reduced, **1-2 minutes**.

**Custom Recipe:** If you've added beef strips, cook before tofu. Heat the frying pan as above. When oil is hot, cook beef strips in batches, until browned and cooked through, 1-2 minutes. Transfer to a plate and continue as above.

2



## 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.

4



## Serve up

- Divide chilli jam noodles between bowls. Top with Southeast Asian tofu.
- Tear over **coriander** and sprinkle over **crispy shallots** to serve. Enjoy!

**Custom Recipe:** Top chilli jam noodles with tofu and beef strips.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)