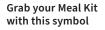


Thai-Spiced Tofu & Saucy Coconut Noodles with Crushed Peanuts

















Carrot







Lemon



Thai Seven



Spice Blend

Coconut Cream



Crushed Peanuts

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

 ${\sf Medium\, saucepan \cdot Large\, frying\, pan}$

Ingredients

in ign concrito		
	2 People	4 People
olive oil*	refer to method	refer to method
broccoli	1 head	2 heads
red onion	1 (medium)	1 (large)
carrot	1	2
garlic	3 cloves	6 cloves
ginger	1 knob	2 knobs
makrut lime leaves	2 leaves	4 leaves
lemon	1/2	1
firm tofu	1 packet	2 packets
plain flour*	½ tbs	1 tbs
salt*	1 tsp	2 tsp
Thai seven spice blend	1 sachet	1 sachet
udon noodles	1 packet	2 packets
coconut cream	1 tin (200ml)	1 tin (400ml)
soy sauce*	1½ tbs	3 tbs
brown sugar*	½ tbs	1 tbs
crushed peanuts	1 packet	2 packets

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
2917kJ (697Cal)	378kJ (90Cal)
43.8g	5.7g
26.5g	3.4g
4.8g	0.6g
60.1g	7.8g
14.6g	1.9g
2292mg	297mg
	2917kJ (697Cal) 43.8g 26.5g 4.8g 60.1g 14.6g

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 medium saucepan of water to the boil. Cut the **broccoli** into small florets, then roughly chop the stalk. Thinly slice the **red onion**. Cut the **carrot** (unpeeled) into half-moons. Finely grate the **garlic** and **ginger**. Remove the stem from the **makrut lime leaves**, then very finely chop. Zest the **lemon** to get a pinch, then slice into wedges.

TIP: Makrut lime leaves have a fibrous texture, so you want to cut them very thinly!



Cook the tofu

Pat the **firm tofu** dry with paper towel and cut into 1cm cubes. In a medium bowl, combine the **plain flour**, the **salt** and 1/2 the **Thai seven spice blend**, then season with **pepper**. Add the **tofu** and toss to coat. In a large frying pan, heat a generous drizzle of **olive oil** over a high heat. Cook the **tofu**, turning, until browned all over, **4-5 minutes**. Transfer to a plate.



Cook the broccoli & noodles

Cook the **broccoli** in the boiling water for **1 minute**. Add the **udon noodles** to the **broccoli** and cook until tender, a further **2 minutes**. Drain the **broccoli** and **noodles**.



Cook the veggies

While the noodles are cooking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **onion** and **carrot** until softened, **3-4 minutes**.



Add the coconut sauce

Add the garlic, ginger, makrut lime and the remaining Thai seven spice blend to the veggies and cook until fragrant, 1 minute. Add the coconut cream, soy sauce, brown sugar, lemon zest and a generous squeeze of lemon juice. Cook until slightly thickened, 1-2 minutes. Add the drained noodles and broccoli to the sauce and stir until combined and warmed through.



Serve up

Divide the saucy coconut noodles between bowls and top with the Thai-spiced tofu. Garnish with the **crushed peanuts**. Serve with any remaining lemon wedges.

Enjoy!