



# Thai-Spiced Tofu & Saucy Coconut Noodles

with Crushed Peanuts

Grab your Meal Kit with this symbol



Broccoli



Red Onion



Carrot



Garlic



Ginger



Makrut Lime Leaves



Lemon



Firm Tofu



Thai Seven Spice Blend



Udon Noodles



Coconut Cream



Crushed Peanuts

Hands-on: **30-40 mins**  
Ready in: **40-50 mins**

This fragrant meal packs oodles of flavour into every mouthful. With Thai spices on the tofu and aromatic makrut lime leaves in the coconut sauce, plus crunchy crushed peanuts to top it all off, this beats takeaway hands down.

### 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

Medium saucepan · Large frying pan

## Ingredients

	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	½	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
Energy (kJ)	2917kJ (697Cal)	378kJ (90Cal)
Protein (g)	43.8g	5.7g
Fat, total (g)	26.5g	3.4g
- saturated (g)	4.8g	0.6g
Carbohydrate (g)	60.1g	7.8g
- sugars (g)	14.6g	1.9g
Sodium (mg)	2292mg	297mg

## 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.



## 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!