



Everything
But The Chef

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WK37
2015



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Tofu Larb Lettuce Cups

Larb is considered the national dish of Laos, and it certainly lives up to its role as a cultural ambassador. It's plenty fresh and mighty zingy – along with ginger, chilli and garlic, no authentic larb is complete without lime. Get ready to give your taste buds a wake-up call, Vietnamese style!

Pantry Items: Soy Sauce, Vegetable Oil

Prep: 15 mins
Cook: 10 mins
Total: 25 mins
 level 1
 lactose free
 gluten free
 low kJ
 spicy



Lime



Garlic



Ginger



Birdseye Chilli



Vermicelli Noodles



Mushrooms



Classic Tofu



Coriander



Mint



Gem Lettuce



Cashew Nuts

2P	4P	Ingredients
2 tbs	4 tbs	soy sauce *
1	2	lime, cut into wedges
1 clove	2 cloves	garlic, peeled & crushed
1 knob	2 knobs	ginger, finely grated
1	2	birdseye chilli, deseeded & finely chopped
50 g	100 g	vermicelli noodles
2 tsp	1 tbs	vegetable oil *
1 punnet	2 punnets	mushrooms, finely diced A
1 packet	2 packets	classic tofu, roughly chopped B
1 bunch	2 bunches	coriander, finely chopped
1 bunch	2 bunches	mint, finely chopped
1 head	2 heads	gem lettuce, leaves separated
¼ cup	½ cup	cashew nuts, coarsely chopped

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1580	Kj
Protein	21.7	g
Fat, total	17.4	g
-saturated	3.3	g
Carbohydrate	30.2	g
-sugars	8.2	g
Sodium	525	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, kettle, small bowl, garlic crusher, grater, large heatproof bowl, kitchen scissors, frying pan, and a spatula.*

- 1 Bring a kettle full of water to the boil.
- 2 In a small bowl combine the **soy sauce**, juice of half of the **lime wedges**, **garlic**, **ginger**, and **chilli**.
- 3 Place the **vermicelli noodles** in a large heatproof bowl and cover with the boiling water. Set aside for **5 minutes**. Drain and rinse the noodles with cold tap water then return them to the same bowl. Pick up a handful of noodles over the bowl and using kitchen scissors, snip the noodles into short lengths. Set aside.
- 4 Heat the **vegetable oil** in a large wok or frying pan over a medium heat. Add the **mushrooms** and cook, stirring, for **3 minutes** or until tender. Drain any excess liquid from the pan. Add the **tofu** and cook breaking up with a wooden spoon until it resembles the consistency of scrambled eggs. Add the soy sauce mixture and cook, stirring, for **1-2 minutes** or until fragrant. Stir through the vermicelli noodles, **coriander** and **mint** and remove from the heat.
- 5 To serve, spoon the mixture into the **gem lettuce** cups and sprinkle with the **cashew nuts**. Serve with the remaining lime wedges.

Did you know? Lettuce is a member of the sunflower family.