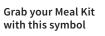


NEW

CLIMATE SUPERSTAR













Long Chilli (Optional)









Broccoli & Carrot



Seasoning



Plant-Based Asian Mushroom Sauce



Udon Noodles



Prep in: 20-30 mins Ready in: 25-35 mins

Plant Based



An udon soup exploding with exotic flavours is going to excite your taste buds and warm your belly. All you really need are some chopsticks to dive into this tofu dish.





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

Large saucepan with a lid

Ingredients

| 9 | | | | |
|--|-----------------|-----------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| brown onion | 1/2 | 1 | | |
| garlic | 1 clove | 2 cloves | | |
| long chilli ∮ (optional) | 1/2 | 1 | | |
| Japanese tofu | 1 packet | 2 packets | | |
| broccoli & carrot mix | 1 medium bag | 1 large bag | | |
| Asian BBQ seasoning | 1 sachet | 2 sachets | | |
| boiling water* | 3 cups | 6 cups | | |
| plant-based Asian mushroom sauce | 1 medium packet | 1 large packet | | |
| udon noodles | 1 packet | 2 packets | | |
| Japanese tofu** | 1 packet | 2 packets | | |
| *Pantry Items **Custom Recipe Ingredient | | | | |

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2078kJ (497Cal) | 471kJ (113Cal) |
| Protein (g) | 27.4g | 6.2g |
| Fat, total (g) | 13g | 2.9g |
| - saturated (g) | 2.6g | 0.6g |
| Carbohydrate (g) | 61.6g | 14g |
| - sugars (g) | 22.8g | 5.2g |
| Sodium (mg) | 2418mg | 548mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2799kJ (669Cal) | 517kJ (124Cal) |
| Protein (g) | 42g | 7.8g |
| Fat, total (g) | 23.2g | 4.3g |
| - saturated (g) | 4.4g | 0.8g |
| Carbohydrate (g) | 66.2g | 12.2g |
| - sugars (g) | 25.1g | 4.6g |
| Sodium (mg) | 2888mg | 533mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- · Boil the kettle.
- · Slice brown onion (see ingredients) into thin wedges.
- · Finely chop garlic.
- Thinly slice long chilli (if using).
- Cut Japanese tofu into 2cm chunks.



Finish the soup

- To saucepan, stir in Asian BBQ seasoning, the boiling water (3 cups for 2 people / 6 cups for 4 people), and plant-based Asian mushroom sauce.
- Add udon noodles and cover with a lid. Simmer until noodles are cooked,
 3-4 minutes.
- In the **last minute** of cook time, gently stir **noodles** with a fork to separate.
- Stir in cooked **tofu** until combined. Season to taste.

Custom Recipe: Stir in all tofu until combined. Season to taste.



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, tossing, until browned, **3-4 minutes**. Transfer to a plate.
- Return saucepan to high heat with a drizzle of olive oil. Cook broccoli & carrot mix and onion, tossing, until just tender, 3-4 minutes.
- Add garlic and cook until fragrant, 1 minute.

Custom Recipe: If you've doubled your Japanese tofu, cook in batches for the best results.



Serve up

- Divide Japanese tofu and udon soup between bowls.
- Top with chilli to serve. Enjoy!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate



Scan here if you have any questions or concerns