



# Crispy Tofu & Curried Egg Noodles

with Veggies & Crispy Shallots

Grab your Meal Kit with this symbol



Egg Noodles



Cornflour



Carrot



Zucchini



Coconut Milk



Asian Greens



Sweet Chilli Sauce



Crispy Shallots



Japanese Tofu



Ginger Paste



Katsu Paste

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

It's easy to make a curried noodle dish when you have a can of coconut milk, plus our katsu and ginger pastes handy. Top the saucy noodles with tofu that's crisp on the outside and tender on the inside, thanks to a quick cornflour coating.

### Pantry items

Olive Oil, Soy Sauce



## 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
<b>olive oil*</b>	refer to method	refer to method
egg noodles	1 medium packet	1 large packet
Japanese tofu	1 packet	2 packets
cornflour	1 medium sachet	1 large sachet
<b>salt*</b>	¼ tsp	½ tsp
carrot	1	2
zucchini	1	2
Asian greens	1 bag	2 bags
ginger paste	1 medium packet	1 large packet
katsu paste	1 medium packet	1 large packet
coconut milk	1 medium tin	2 medium tins
<b>soy sauce*</b>	½ tbs	1 tbs
sweet chilli sauce	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3165kJ (756Cal)	669kJ (160Cal)
Protein (g)	27.9g	5.9g
Fat, total (g)	31.8g	6.7g
- saturated (g)	16.1g	3.4g
Carbohydrate (g)	94.8g	20g
- sugars (g)	21.8g	4.6g
Sodium (mg)	2016mg	426mg

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

1



## Cook the noodles & prep the tofu

- Boil the kettle. Half-fill a medium saucepan with the boiling water. Cook **egg noodles** in the boiling water over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Meanwhile, cut **Japanese tofu** into bite-sized chunks. In a medium bowl, combine **tofu**, **cornflour**, the **salt** and a pinch of **pepper**.
- Drain and rinse the cooked **noodles**.

3



## Cook the veggies & sauce

- Wipe out frying pan, then return to high heat with a drizzle of **olive oil**. Cook **carrot** and **zucchini**, stirring, until tender, **4-5 minutes**.
- Add **ginger paste** and **Asian greens** and cook, stirring, until fragrant and wilted, **1-2 minutes**.
- Stir in **katsu paste**, **coconut milk** and the **soy sauce**. Cook until combined and heated through, **2-3 minutes**.
- Add cooked **noodles**, stirring, until mixed through. Remove pan from heat.

2



## Cook the tofu & get prepped

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. When oil is hot, shake excess flour off **tofu** and cook, tossing, until browned, **3-4 minutes**.
- Transfer **tofu** to a paper towel-lined plate. Cover to keep warm.
- While the tofu is cooking, thinly slice **carrot** and **zucchini** into half-moons. Roughly chop **Asian greens**.

4



## Serve up

- Divide curried egg noodles and crispy tofu between bowls.
- Drizzle with **sweet chilli sauce**. Sprinkle with **crispy shallots** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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