



Malaysian Tofu & Noodle Stir-fry

with Veggies & Fried Egg

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Asian Greens



Makrut Lime Leaves



Long Chilli (Optional)



Lime



Udon Noodles



Sesame Oil Blend



Malaysian Tofu



Garlic Paste



Ginger Paste



Plant-Based Asian Mushroom Sauce



Malaysian Tofu

Prep in: **25-35 mins**
Ready in: **30-40 mins**

It's noodle night! For a slurp-tastic result, we're coating them in an umami-rich Asian mushroom sauce, adding fragrant makrut lime and a kick of fresh chilli, tossing in some satay-flavoured tofu and then popping a jammy fried egg on top.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Eggs

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
carrot	1	2
Asian greens	1 bag	2 bags
makrut lime leaves	2 leaves	4 leaves
long chilli  (optional)	½	1
lime	½	1
Malaysian tofu	1 packet	2 packets
udon noodles	1 packet	2 packets
eggs*	2	4
garlic paste	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
plant-based Asian mushroom sauce	1 medium packet	1 large packet
sesame oil blend	½ packet	1 packet
Malaysian tofu**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2815kJ (673Cal)	501kJ (120Cal)
Protein (g)	34.2g	6.1g
Fat, total (g)	30.9g	5.5g
- saturated (g)	5.2g	0.9g
Carbohydrate (g)	57.1g	10.2g
- sugars (g)	20.7g	3.7g
Sodium (mg)	1745mg	311mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3594kJ (859Cal)	543kJ (130Cal)
Protein (g)	48.4g	7.3g
Fat, total (g)	42.3g	6.4g
- saturated (g)	6.9g	1g
Carbohydrate (g)	62.7g	9.5g
- sugars (g)	25.3g	3.8g
Sodium (mg)	2073mg	313mg

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW49



Get prepped

- Boil the kettle.
- Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**. Thinly slice **makrut lime leaves** and **long chilli**. Slice **lime** into wedges.
- Slice **Malaysian tofu** into 2cm chunks.

TIP: The makrut lime leaves are fibrous so make sure to cut them very thin.



Fry the eggs

- Wipe out frying pan, then return to high heat with a drizzle of **olive oil**.
- When oil is hot, crack **eggs** into pan. Cook until egg whites are firm and yolks are cooked to your liking, **2-3 minutes**. Transfer to a plate and cover to keep warm.



Cook the noodles

- Half-fill a medium saucepan with boiling water.
- Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**. In the **last minute**, gently stir **noodles** with a fork to separate.
- Drain and rinse **noodles**, then set aside.



Cook the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **carrot**, tossing, until slightly softened, **4-5 minutes**.
- Add **Asian greens**, **garlic paste**, **ginger paste** and **makrut lime leaves**. Cook, tossing, until fragrant, **1 minute**.
- Stir in cooked **noodles**, **plant-based Asian mushroom sauce**, **sesame oil blend** (see ingredients), **tofu** and a good squeeze of **lime juice**, until combined.



Cook the tofu

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, tossing, until browned, **3-4 minutes**. Transfer to a plate.

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



Serve up

- Divide Malaysian tofu and noodle stir-fry between bowls. Top with fried egg and chilli (if using).
- Serve with any remaining lime wedges. Enjoy!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate