



Saucy Red Curry Noodles & Spiced Tofu

with Veggies & Coriander

Grab your Meal Kit with this symbol 



Garlic



Carrot



Green Beans



Capsicum



Lime



Coriander



Firm Tofu



Southeast Asian Spice Blend



Thai Red Curry Paste




Coconut Cream



Udon Noodles

 Hands-on: **30-40 mins**
Ready in: **35-45 mins**

 Spicy (Thai red curry paste)

Sometimes you just want something a little saucier with a bit of heat! This dish is sure to please with its exotic combo of spices, veggies and coconut cream. Just add some chewy and soft udon noodles to carry all the incredible flavour.

Pantry items

Olive Oil, Brown Sugar, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
capsicum	1	2
lime	½	1
coriander	1 bag	1 bag
firm tofu	1 packet	2 packets
Southeast Asian spice blend	1 sachet	2 sachets
salt*	½ tsp	1 tsp
Thai red curry paste	½ tin	1 tin
coconut cream	½ tin (200ml)	1 tin (400ml)
water*	¾ cup	1½ cups
brown sugar*	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
udon noodles	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3757kJ (897Cal)	499kJ (119Cal)
Protein (g)	44.2g	5.9g
Fat, total (g)	47.2g	6.3g
- saturated (g)	26.9g	3.6g
Carbohydrate (g)	61.8g	8.2g
- sugars (g)	20.1g	2.7g
Sodium (mg)	2227mg	296mg

Allergens

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

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



1. Get prepped

Finely chop the **garlic** (or use a garlic press). Cut the **carrot** (unpeeled) into half-moons. Trim the **green beans** and slice into thirds. Roughly chop the **capsicum**. Zest the **lime** (see ingredients list) and cut into wedges. Roughly chop the **coriander**.



2. Prep the tofu

Cut the **firm tofu** into 2cm cubes. In a medium bowl combine the **tofu**, **Southeast Asian spice blend**, the **salt** and season with **pepper**. Toss to coat.



3. Cook the tofu

Heat a **good drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **tofu** and cook, turning, until browned all over, **3-4 minutes**. Transfer to a plate lined with a paper towel.



4. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle of oil**. Add the **green beans**, **carrot** and **capsicum** and cook until softened, **3-4 minutes**. Add the **garlic**, **lime zest** and **Thai red curry paste** (see ingredients list) and cook until fragrant, **1 minute**.



5. Make the sauce

Add the **coconut cream** (see ingredients list), **water**, **brown sugar**, **soy sauce** and **udon noodles** to the veggies. Bring to the boil and then simmer until slightly thickened, **2 minutes**. Stir through a **squeeze of lime juice** and remove from the heat.

TIP: Use a fork to separate the noodles.



6. Serve up

Divide the coconut curry noodles between bowls and top with the tofu. Sprinkle over the coriander. Serve with remaining lime wedges.

Enjoy!