



Southeast Asian Tofu & Udon Stir-Fry

with Coconut Sauce & Bamboo Shoots

Grab your Meal Kit with this symbol



Udon Noodles



Firm Tofu



Carrot



Zucchini



Makrut Lime Leaves



Bamboo Shoots



Cornflour



Southeast Asian Spice Blend



Ginger Paste



Coconut Milk



Umami Paste



Vegetable Stock Powder



Coriander

Hands-on: 20-30 mins
Ready in: 25-35 mins

Plant based

Calorie Smart

This golden tofu dish comes together in four surprisingly simple steps, partly thanks to some shortcut ingredients. Wait till you try the coconut sauce; it's creamy and umami with a touch of sweetness and zing, and the chewy udon soak it up beautifully.

Pantry items

Olive Oil, Brown Sugar

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
udon noodles	1 packet	2 packets
firm tofu	½ packet	1 packet
carrot	1	2
zucchini	1	2
makrut lime leaves	2 leaves	4 leaves
bamboo shoots	½ tin	1 tin
cornflour	½ medium packet	1 medium packet
salt*	½ tsp	1 tsp
Southeast Asian spice blend	1 sachet	2 sachets
ginger paste	1 medium packet	1 large packet
coconut milk	1 medium tin	1 large tin
umami paste	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	½ tbs	1 tbs
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2669kJ (638Cal)	478kJ (114Cal)
Protein (g)	26g	4.7g
Fat, total (g)	26.1g	4.7g
- saturated (g)	14.6g	2.6g
Carbohydrate (g)	66.4g	11.9g
- sugars (g)	17.9g	3.2g
Sodium (mg)	1873mg	335mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Get prepped

- Boil the kettle. Half-fill a medium saucepan with the **boiling water**.
- Cook **udon noodles** over a medium-high heat until tender, **3-4 minutes**. In the last **minute**, gently stir with a fork to separate. Drain, rinse and set aside.
- While noodles are cooking, cut **firm tofu** (see ingredients) into 1cm pieces. Thinly slice **carrot** and **zucchini** into half-moons. Remove centre veins from **makrut lime leaves**, then very finely chop. Drain **bamboo shoots** (see ingredients).

TIP: The makrut lime leaves are fibrous so you want to cut them into small pieces!



Cook the veggies & sauce

- Wipe out frying pan and return to a high heat with a drizzle of **olive oil**. Cook **carrot**, **zucchini** and **bamboo shoots**, tossing, until softened, **4-5 minutes**.
- Add **ginger paste** and cook until fragrant, **1 minute**.
- Add **coconut milk**, **umami paste**, **vegetable stock powder** and **brown sugar** and cook until slightly thickened, **1-2 minutes**.
- Add **makrut lime leaves** and cooked **noodles**, tossing, until heated through and combined, **1 minute**.



Cook the tofu

- In a medium bowl, combine **cornflour** (see ingredients), the **salt**, **Southeast Asian spice blend** and **tofu**.
- In a large frying pan, heat a generous drizzle of **olive oil** over a medium-high heat.
- When oil is hot, shake excess flour off **tofu**. Cook **tofu**, turning occasionally, until golden, **5-7 minutes**. Transfer to a plate lined with paper towel.



Serve up

- Divide udon stir-fry between bowls.
- Top with Southeast Asian tofu, spooning over any remaining coconut sauce from pan.
- Tear over **coriander** to serve.

Enjoy!