



THAI COCONUT & TOFU NOODLES

with Roasted Peanuts



Add flavour to tofu with Thai seven spice blend



Broccoli



Red Onion



Carrot



Garlic



Ginger



Kaffir Lime Leaves



Lime



Firm Tofu



Thai Seven Spice Blend



Udon Noodles



Coconut Cream



Crushed Peanuts



Hands-on: **30-40 mins**

Ready in: **40-50 mins**

This fragrant meal packs oodles of flavour into every mouthful. With Thai spices on the tofu and in the creamy coconut sauce, plus crunchy crushed peanuts to top it all off, this beats takeaway hands down.

Pantry Staples: Olive Oil, Plain Flour, Soy Sauce, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large frying pan**



1 GET PREPPED

Cut the **broccoli** into small florets, then roughly chop the stalk. Thinly slice the **red onion**. Cut the **carrot** (unpeeled) into half-moons. Finely grate the **garlic** (or use a garlic press). Finely grate the **ginger**. Remove the centre veins from the **kaffir lime leaves**, then very thinly chop. **TIP:** *The leaves are fibrous so make sure to cut them very finely!* Zest the **lime**, then slice into wedges. Bring a medium saucepan of water to the boil.



2 FRY THE TOFU

Pat the **firm tofu** dry with paper towel and cut into 1cm cubes. Place the **tofu** in a medium bowl with the **plain flour**, the **salt** and **1/2** the **Thai seven spice blend**. Season generously with **pepper** and toss to coat. Heat a **generous drizzle** of **olive oil** in a large frying pan over a high heat. Add the **tofu** and cook, turning, until browned all over, **4-5 minutes**. Set aside on a plate.



3 COOK THE NOODLES & BROCCOLI

Add the **udon noodles** (see ingredients list) to the saucepan of boiling water and cook until almost tender, **6 minutes**. Add the **broccoli** and cook until tender, **3 minutes**. Drain.



4 COOK THE VEGGIES

While the noodles are cooking, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **onion** and **carrot** and cook until fragrant, **3-4 minutes**.



5 MAKE THE COCONUT SAUCE

Add the **garlic**, **ginger**, **kaffir lime** and **remaining Thai seven spice blend** to the pan and cook until fragrant, **1 minute**. Add the **coconut cream**, **soy sauce**, **brown sugar**, **lime zest** and a **generous squeeze** of **lime juice**. Cook until slightly thickened, **1-2 minutes**. Add the drained **noodles** and **broccoli** and cook until warmed through.



6 SERVE UP

Divide the Thai coconut noodles between bowls and top with the tofu. Garnish with the **crushed peanuts**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
broccoli	1 head	2 heads
red onion	1	2
carrot	1	2
garlic	3 cloves	6 cloves
ginger	1 knob	2 knobs
kaffir lime leaves	2 leaves	4 leaves
lime	1	2
firm tofu	1 packet	2 packets
plain flour*	2 tsp	1 tbs
salt*	1 tsp	2 tsp
Thai seven spice blend	1 sachet	2 sachets
udon noodles	½ packet	1 packet
coconut cream	1 tin	2 tins
soy sauce*	1½ tbs	3 tbs
brown sugar*	2 tsp	1 tbs
crushed peanuts	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3960kJ (947Cal)	549kJ (131Cal)
Protein (g)	44.2g	6.1g
Fat, total (g)	47.2g	6.5g
- saturated (g)	28.7g	4.0g
Carbohydrate (g)	80.8g	11.2g
- sugars (g)	17.9g	2.5g
Sodium (g)	2970mg	412mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2020 | WK08

