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WK02
2017

Asian Tofu with Crunchy Veg, Noodles & Hoisin Sauce

There's nothing better than a mid-week noodle dish to nourish your noodle. This protein and brain food packed dish has sauce, crunch and tonnes of flavour. It's the thinking man's (or woman's) choice!



Prep: 10 mins

Cook: 15 mins

Total: 25 mins



level 1



vegan

Pantry Items



Salt-Reduced Soy Sauce



Sesame Oil



Warm Water



Olive Oil



Hokkien Noodles



Hoisin Sauce



Chinese Tofu



Carrot



Broccolini





Black Sesame Seeds

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2P	4P	Ingredients
⅓ packet	1 ⅓ packets	Hokkien noodles (<i>note: using extra will alter the flavour</i>)
1 tbs	2 tbs	salt-reduced soy sauce *
1 tbs	2 tbs	sesame oil *
1 tub	2 tubs	hoisin sauce
1 tbs	2 tbs	warm water *
2 tbs	4 tbs	olive oil *
1 packet	2 packets	Chinese tofu, sliced into triangles
1	2	carrot, peeled & cut into matchsticks 
1 bunch	2 bunches	broccolini, woody end removed & halved
1 sachet	2 sachet	black sesame seeds

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3200	Kj
Protein	31.7	g
Fat, total	35.8	g
-saturated	4.9	g
Carbohydrate	74.9	g
-sugars	23	g
Sodium	1520	mg



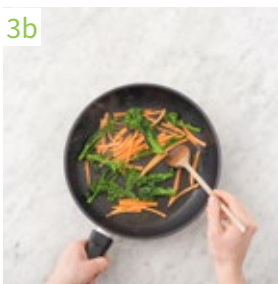
You will need: *chef's knife, chopping board, kettle, medium bowl, sieve, small saucepan, medium frying pan, tongs, plate and wooden spoon.*

1 Bring a full kettle of water to the boil. Place the **Hokkien noodles** in a medium bowl. Pour over the boiling water and cook for **6-8 minutes**, or until softened. Drain and set aside.

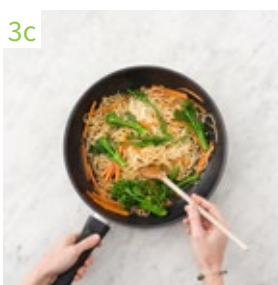
Note: be sure to add the correct amount of noodles in order for your dish to be perfectly balanced, just the way we planned it!



2 Meanwhile, heat a small saucepan over a medium-high heat, add the **salt-reduced soy sauce, sesame oil, hoisin sauce** and **warm water**. Heat through for **1-2 minutes**. Remove the saucepan from the heat and pour half the sauce over the noodles and mix until combined. Set the other half of the sauce aside.



3 Heat half the **olive oil** in a medium frying pan over a medium-high heat. Cook the marinated **Chinese tofu** for **1-2 minutes** on each side, or until golden brown. Set aside on a plate. Heat the remaining olive oil in the same frying pan. Cook the **carrot** and **broccolini** for **4-5 minutes**, or until cooked through. Sprinkle with **black sesame seeds** and season with **salt** and **pepper**. Add the cooked noodles and stir until combined with the vegetables.



4 To serve, divide the stir-fry between plates and top with the Chinese tofu. Pour over the remaining sauce. Enjoy!

Did you know? Broccolini was developed as a natural hybrid in 1993 and was originally named “aspabroc”.