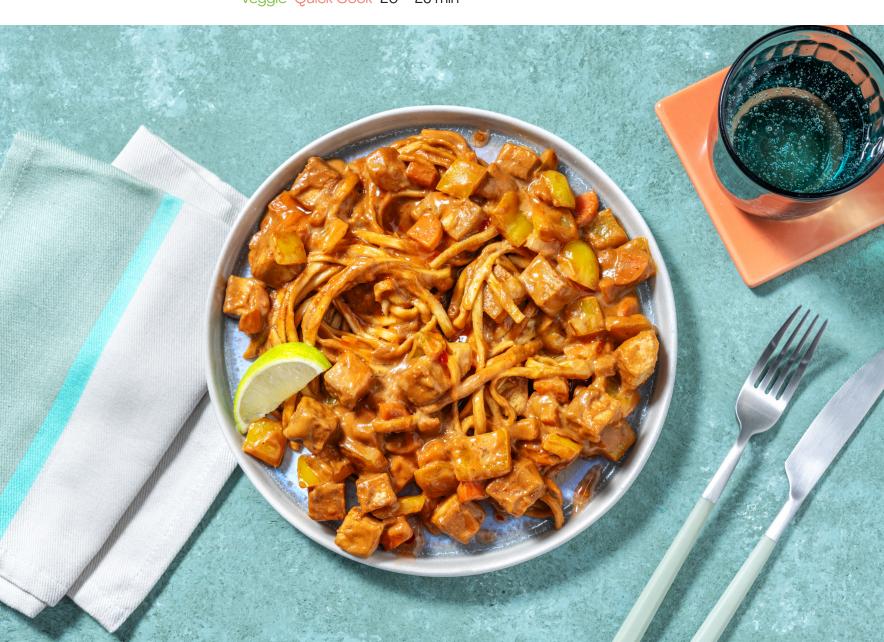


Tofu Noodles in Peanut Sauce

with carrot and bell pepper

Veggie Quick Cook 20 – 25 min















Carrot

Egg Noodles





Thai Style Spice Mix

Coconut Milk





Sweet Chilli Sauce

Bell Pepper



Pantry Items: Salt, Pepper, Oil, Water, Sugar



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Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning

Cooking tools you will need

Ingredients

	2P	4P
Tofu	280 g	560 g
Peanut Butter	1 sachet	2 sachets
Carrot	1 unit	2 units
Egg Noodles	150 g	300 g
Thai Style Spice Mix	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Sweet Chilli Sauce	2 sachets	4 sachets
Lime	1 unit	2 units
Bell Pepper	1 unit	2 units
Miso Paste	1 sachet	2 sachets

Nutrition

Per serving	Per 100g
595 g	100 g
3734 kJ/ 892 kcal	628 kJ/ 150 kcal
39.1 g	6.6 g
17 g	2.9 g
97.1 g	16.3 g
26.9 g	4.5 g
41.5 g	7 g
6.8 g	1.1 g
	595 g 3734 kJ/ 892 kcal 39.1 g 17 g 97.1 g 26.9 g 41.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.
Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Cook the Noodles

- Boil a large pot of salted water for the egg noodles.
- When the water is boiling, add the noodles and cook until softened, 4-6 mins.
- Drain in a sieve and return to the pot, off the heat.
- Drizzle with **oil** and toss to prevent sticking.

TIP: If you're in a hurry you can boil the water in your kettle.



Crisp the Tofu

- Meanwhile, drain the tofu and chop into 2cm cubes.
 Pat dry with kitchen paper.
- Toss with a drizzle of oil, salt and pepper.
- Place a large pan over high heat with a good glug of oil.
- Once hot, fry the tofu until slightly crispy, 6-8 mins.
 Shift frequently to ensure it doesn't burn.
- Season with salt and pepper. Transfer to a bowl and cover to keep warm.



Prep the Veg

- Meanwhile, trim the **carrot**, quarter lengthways and chop widthways into small pieces (no need to peel).
- Halve the pepper and discard the core and seeds.
 Chop into 2cm chunks.
- · Quarter the lime.
- Stir the coconut milk (or shake the packet) to dissolve any lumps.



Fry the Veg

- Return the pan to high heat with a drizzle of oil (if required).
- Add the carrot, season with salt and pepper and fry until tender, 5-6 mins.
- Lower the heat to medium-high and add the **pepper**. Fry for another 2-3 mins.
- Add the Thai spice mix and fry until fragrant, 1 min more.
- Stir in peanut butter, coconut milk and 150ml water (double for 4p). Mix well to combine and bring to the boil.



Finishing Touches

- Remove the pan from the heat and add ¼ tsp sugar, the juice of two lime wedges (double both for 4p) and the miso paste.
- Taste and season with sugar, salt and pepper. Add a splash of water if the sauce is too thick.
- Add the drained **noodles** and **tofu** to the pan.
- Mix until everything is coated and warmed through, 1 min.



Divide and Serve

- · Share the noodles between plates.
- Top with remaining lime wedges.
- Finish with a squeeze of lime juice and a drizzle of sweet chilli sauce.

Enjoy!