



Pho Style Tofu Soup

with pak choi and optional soft-boiled egg

Veggie 25-30 mins • Optional spice

7



Tofu



Udon Noodles



Pak Choi



Vegetable Stock



Ginger



Scallion



Lime



Onion



Chilli



Hoisin Sauce



Carrot

Pantry Items: Egg (Optional), Salt, Pepper, Water, Oil

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, lid, pot

Ingredients

	2P	4P
Tofu	280 g	560 g
Udon Noodles	300 g	600 g
Pak Choi	1 unit	2 units
Vegetable Stock	2 sachets	4 sachets
Ginger	1 unit	2 units
Scallion	2 units	4 units
Lime	1 unit	2 units
Onion	1 unit	2 units
Chilli	1 unit	2 units
Hoisin Sauce	1 sachet	2 sachets
Carrot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	564.5 g	100 g
Energy (kJ/kcal)	2071.1 kJ/ 495 kcal	366.9 kJ/ 87.7 kcal
Fat (g)	11.6 g	2.1 g
Sat. Fat (g)	1.6 g	0.3 g
Carbohydrate (g)	72.1 g	12.8 g
Sugars (g)	13.7 g	2.4 g
Protein (g)	28 g	5 g
Salt (g)	2.8 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

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Fry the Tofu

- Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.
- Place a large pot over high heat with a drizzle of **oil**.
- Once **oil** is hot, fry the **tofu** until slightly crispy, 7-10 mins. Shift frequently to ensure it doesn't burn. Season with **salt** and **pepper**.
- Remove from the pot and set aside. Cover to keep warm.



Simmer the Stock

- Cover the pot and allow to simmer for 10-12 mins.
- When 3-4 mins of cooking time remain add the **pak choy**, **carrot**, fried **tofu** and **half** the sliced **chilli** (use less if you don't like spice) to the simmering **stock**. Cook until the veg is softened.
- Gently separate the **noodles** and add them to the pot to warm through.
- Season to taste with **salt**, **pepper** and **lime** juice.



Prep the Veg

- Meanwhile, trim the **pak choy**, then thinly slice widthways.
- Trim the **carrot**, then coarsely grate (no need to peel).
- Halve, peel and thinly slice the **onion**.
- Peel and grate the **ginger**. Use a teaspoon to easily scrape away the peel.
- Quarter the **lime**. Thinly slice the **scallion**. Thinly slice the **chilli** widthways—at an angle.



Add Optional Eggs

- Meanwhile, boil a medium pot of **water** (for the eggs) over medium-high heat.
- Once boiling, carefully add 2 **eggs** (double for 4p).
- Simmer gently for 4-6 mins for soft-boiled **eggs**.
- Once cooked to your preference, remove from the pot and add to a bowl of cold **water**—this will prevent them from cooking any more!
- Carefully peel the **eggs** and halve lengthways. Season with **salt** and **pepper**.



Start the Soup

- Return the (now empty) pot to medium-high heat with a drizzle of **oil**.
- Add the **onion** and **ginger** to the pot and fry until softened, stirring occasionally, 4-5 mins.
- Season with **salt** and **pepper**.
- Add 600ml **water** (double for 4p), **hoisin sauce** and **stock powder** to the pot.



Garnish and Serve

- Divide your pho style veg and **tofu** soup between bowls.
- Lay the soft-boiled **egg** on top.
- Garnish with sliced **scallion**, any remaining **chilli** and any remaining **lime** wedges.

Enjoy!