



Tofu Pad Thai

with pak choi and carrots

Veggie Calorie Smart 20-25 mins

10



Tofu



Udon Noodles



Peanut Butter



Lime



Scallion



Soy Sauce



Carrot



Pak Choi



Garlic

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

Before you start

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

Cooking tools you will need

Grater, Colander, Whisk

Ingredients

	2P	4P
Tofu	280 g	560 g
Udon Noodles	300 g	600 g
Peanut Butter	1 sachet	2 sachets
Lime	1 unit	2 units
Scallion	1 unit	2 units
Soy Sauce	1 sachet	2 sachets
Carrot	1 unit	2 units
Pak Choi	1 unit	2 units
Garlic	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	503 g	100 g
Energy (kJ/kcal)	2281.7 kJ/ 545.4 kcal	453.6 kJ/ 108.4 kcal
Fat (g)	18.5 g	3.7 g
Sat. Fat (g)	2.5 g	0.5 g
Carbohydrate (g)	64 g	12.7 g
Sugars (g)	8.2 g	1.6 g
Protein (g)	32 g	6.4 g
Salt (g)	2.3 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.

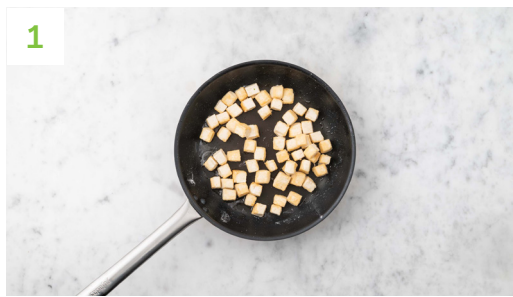
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



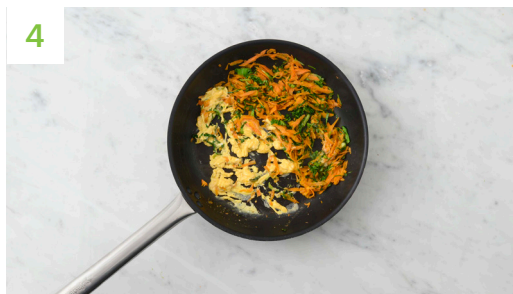
You can recycle me!



Make the Tofu

- Boil a large pot of **water** for the **udon noodles**.
- Place a medium pan over high heat with a drizzle of **oil**.
- Drain the **tofu** then cut 280g (double for 4p) into 2cm cubes.
- Once pan is hot, fry the **tofu** until slightly crispy, 7-10 mins. Turn frequently to ensure it doesn't burn.
- Season with **salt** and **pepper**. Remove from pan and set aside when cooked.

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



Add an Optional Egg

- Whisk 1 **egg** (double for 4p) in a bowl with a pinch of **salt**.
- Shift the veg to one side of the pan.
- Pour the **egg** mix into the empty side of the pan and gently stir with a spatula to create a scrambled texture.
- Stir-fry everything together for 2-3 mins.



Get Prepped

- When the **water** is boiling, add the **noodles** and cook until warmed through, 1-2 mins. Once cooked, drain in a colander and pop into a bowl. Drizzle with **oil** and stir through to stop them sticking together.
- Meanwhile, trim and thinly slice the **scallion**.
- Quarter the **lime**. Peel and grate the **garlic** (or use a garlic press).
- Trim then grate the **carrot** (no need to peel).
- Trim the **pak choi**, then thinly slice widthways.



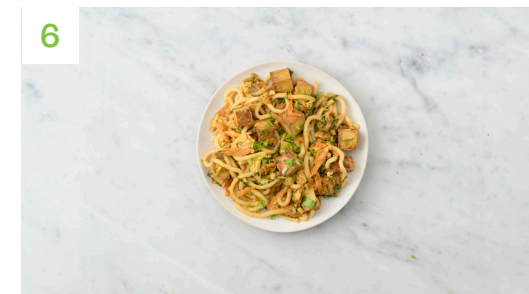
Finishing Touches

- Add the **tofu** and sauce to the veg and mix together.
- Gently toss in the drained **noodles**.
- Season to taste with **salt** and **pepper**.



Time to Fry

- Return the (now empty) pan to a high heat with a drizzle of **oil**.
- When hot, fry the **garlic**, **pak choi** and **carrot** with a pinch of **salt** and **pepper** until tender, 3-5 mins.
- In a bowl, mix the **soy sauce**, **peanut butter**, juice from half the **lime** wedges and half the chopped **scallion**.
- Loosen with a splash of **water** if necessary.



Serve and Enjoy

- Divide the **tofu** pad thai between bowls.
- Garnish with remaining **scallions** and squeeze over **lime** juice to taste.

Enjoy!