



Tofu Thai Stir-fry with pak choi and carrots

Veggie Quick Cook 20-25 mins

8



Tofu



Udon Noodles



Peanut Butter



Lime



Soy Sauce



Carrot



Pak Choi



Garlic

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

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, 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
Soy Sauce	2 sachets	4 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	498 g	100 g
Energy (kJ/kcal)	2297 kJ/ 549 kcal	461.2 kJ/ 110.2 kcal
Fat (g)	18.4 g	3.7 g
Sat. Fat (g)	2.6 g	0.5 g
Carbohydrate (g)	63.8 g	12.8 g
Sugars (g)	7.8 g	1.6 g
Protein (g)	32.6 g	6.5 g
Salt (g)	4 g	0.8 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.

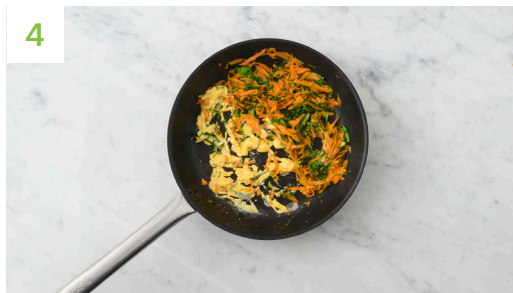


You can recycle me!



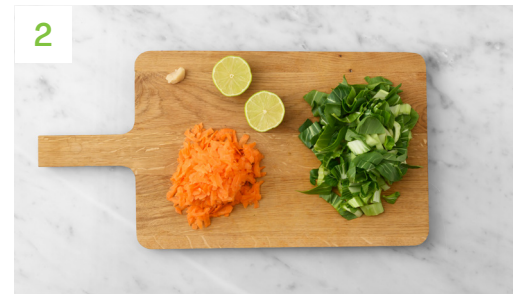
Make the Tofu

- Place a large pan over high heat with a drizzle of **oil**.
- Drain the **tofu** then cut into 2cm cubes and pat dry with kitchen paper.
- Once the pan is hot, fry the **tofu** until slightly crispy, 7-10 mins. Shift frequently to ensure it doesn't burn.
- Season with **salt** and **pepper**. Once cooked, remove from the pan and set aside.



Add an Optional Egg

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



Get Prepped

- Meanwhile, halve the **lime**.
- Peel and grate the **garlic** (or use a garlic press).
- Trim and grate the **carrot** (no need to peel).
- Trim the **pak choi** then thinly slice widthways.



Finishing Touches

- Add the sauce to the veg and mix together.
- Gently separate the **noodles** with your hands, then toss through the sauce until fully coated.
- Cook until warmed through, 1-2 mins.
- Add the **tofu** and season to taste with **salt** and **pepper**.



Time to Fry

- Return the (now empty) pan to high heat with a drizzle of **oil**.
- When hot, fry the **garlic**, **pak choi** and **carrot** until tender, 3-5 mins.
- Meanwhile, to a medium bowl, add the **soy sauce**, **peanut butter**, the juice from **half** the **lime** and 25ml **water** (double for 4p).
- Mix vigorously until everything is well combined.



Serve and Enjoy

- Divide the **tofu** stir-fry between bowls.
- Finish with a squeeze of **lime** juice.

Enjoy!