

Singaporean Style Crispy Tofu and Black Pepper Noodles

with Green Beans, Pak Choi and Roasted Sesame Seeds

A Taste of Singapore 25-30 Minutes • Medium Spice • 1 of your 5 a day



Firm Tofu



Pak Choi



Green Beans



Garlic Clove



Cracked Black Pepper



Ginger, Garlic & Lemongrass Puree



Ketjap Manis



Sambal Paste



Soy Sauce



Egg Noodle Nest



Roasted White Sesame Seeds



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Plain Flour, Butter

+ Add Chicken Breast

If you chose to add diced chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



Inspired by black pepper ho fan, a popular noodle dish in Singapore, this aromatic and peppery dish uses rice noodles over egg noodles for their slightly chewy texture and ability to soak up flavours. Topped with tofu that's pan-fried until crispy on the outside and soft in the middle, this deliciously savoury bowl is a showcase of the fusion flavours found in Singapore.

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kitchen paper, bowl, frying pan, garlic press, lid, aluminium foil, kettle and saucepan.

Ingredients

Ingredients	2P	3P	4P
Firm Tofu** 11)	280g	420g	560g
Pak Choi**	1	1½	2
Green Beans**	150g	200g	300g
Garlic Clove**	2	3	4
Cracked Black Pepper	1 sachet	1½ sachets	2 sachets
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Ketjap Manis 11)	50g	75g	100g
Sambal Paste	15g	22g	30g
Soy Sauce 11) 13)	15ml	25ml	30ml
Egg Noodle Nest 8) 13)	125g	187g	250g
Roasted White Sesame Seeds 3)	5g	7.5g	10g
Diced British Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Salt for the Tofu*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	460g	100g	440g	100g
Energy (kJ/kcal)	2682 /641	583 /139	2430 /581	552 /132
Fat (g)	19.3	4.2	10.5	2.4
Sat. Fat (g)	5.3	1.1	4.2	1.0
Carbohydrate (g)	76.9	16.7	75.5	17.2
Sugars (g)	20.8	4.5	20.8	4.7
Protein (g)	37.1	8.1	43.0	9.8
Salt (g)	6.30	1.37	6.28	1.43

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **8)** Egg **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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1 Prep the Tofu

Drain the **tofu** and thoroughly pat dry with kitchen paper. Tear into 3cm chunks.

Add the **tofu** to a medium bowl with the **flour** and **salt** (see pantry for both amounts), then toss to coat.

Heat a large non-stick frying pan on high heat with a drizzle of **oil**. Once hot, fry the **tofu** until slightly crispy, 8-10 mins. Turn frequently to ensure it doesn't burn.

Once cooked, remove from the pan to a plate lined with kitchen paper.

+ Add Chicken Breast

Coat the **chicken** in the same way, then fry for the same amount of time. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



4 Flavour Time

Add the **pak choi**, **cracked black pepper**, **ginger**, **garlic & lemongrass puree** and remaining **garlic** to the **beans** and fry for 2-3 mins.

Stir through the **ketjap**, **sambal**, **soy sauce** and **water for the sauce** (see pantry for amount). Bring up to a boil, then simmer. Cook until thickened, 2-3 mins.

Once the **sauce** has thickened, toss through the **tofu**.



2 Finish the Prep

While the **tofu** fries, trim the **pak choi**, then separate the leaves. Cut any larger leaves in half lengthways down the middle.

Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).

Once cooked, wipe out the **tofu** pan and put back on medium-high heat with a drizzle of **oil**.



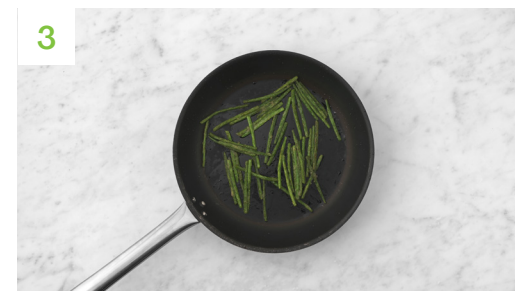
5 Time for Noodles

While the **sauce** simmers, boil a full kettle.

Pour the **boiled water** into a medium saucepan with ½ **tsp salt** and bring to the boil. Add the **noodles** and cook until tender, 4 mins.

Once cooked, add the **noodles** to the **tofu** pan and toss to coat in the **sauce**.

Melt in the **butter** (see pantry for amount) and remove from the heat.

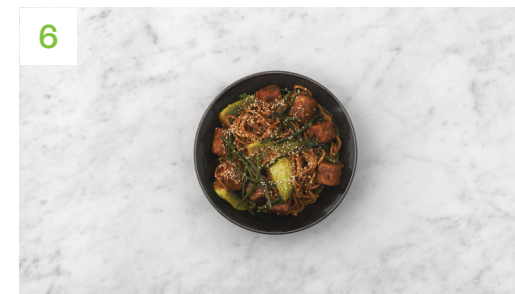


3 Fry the Veg

Once the **oil** is hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Turn the heat down to medium, then add a splash of **water** and immediately cover with a lid or some foil.

Cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.



6 Serve Up

Share your **black pepper noodles** between your bowls.

Sprinkle over your **roasted sesame seeds**.

Enjoy!