



# Fragrant Tofu Laksa

with Noodles

**CLASSIC** 40 Minutes • Medium Spice • 1 of your 5 a day • Veggie

Nº 19



Bell Pepper



Spring Onion



Red Chilli



Garlic Clove



Lime



Tofu



Red Thai Curry Paste



Coconut Milk



Vegetable Stock Powder



Peanut Butter



Cornflour



Egg Noodles

## Before you start

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

### Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Saucepan, Measuring Jug, Mixing Bowl and Frying Pan.

### Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Red Chilli**	½	¾	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Lime**	½	1	1
Tofu <b>11</b> **	1 block	2 blocks	2 blocks
Red Thai Curry Paste	1 small sachet	1 large sachets	2 small sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachets	2 sachets
Boiling Water for the Laksa*	400ml	600ml	800ml
Peanut Butter <b>1</b>	1 pot	1½ pots	2 pots
Cornflour	20g	30g	40g
Egg Noodles <b>8</b> <b>13</b>	2 nests	3 nests	4 nests

\*Not Included \*\* Store in the Fridge

\*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	474g	100g
Energy (kJ/kcal)	3130 / 748	660 / 158
Fat (g)	37	8
Sat. Fat (g)	19	4
Carbohydrate (g)	73	15
Sugars (g)	10	2
Protein (g)	32	7
Salt (g)	4.32	0.91

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

1) Peanut **8** Egg **10** Celery **11** Soya **13** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

### Contact

Thumbs up or thumbs down?

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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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Packed in the UK



## 1. Get Prepping

Fill and boil your kettle. Halve the **pepper** and discard the core and seeds. Chop into small pieces. Trim the **spring onion** and thinly slice. Halve the **chilli** lengthways, deseed then finely chop. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**. Drain and cut the **tofu** into 2cm small chunks.



## 4. Cook the Tofu

Meanwhile, pop the **cornflour** and **lime zest** in a bowl and season with lots of **salt** and **black pepper**. Add the **tofu** to the bowl. Toss the **tofu** in the **cornflour** to evenly coat. Heat a splash of **oil** in a frying pan on medium-high heat. Once hot, add the **tofu cubes**. Season with **salt** and **pepper**. Fry, turning every couple of minutes until crisp and golden on all sides, 6-8 mins.



## 2. Laksa Time!

Heat a splash of **oil** in a large saucepan on medium heat. Add the **pepper**, **garlic**, **chilli** and **half** the **spring onion**. Stir fry and cook for 2 mins, then add the **red curry paste** and stir together. **TIP: Add less chilli if you don't like spice!** Cook for one minute, then pour in the **coconut milk** and mix until combined. Add the **vegetable stock powder** along with the boiling **water** from your kettle (see ingredients for amount), bring to a simmer.



## 5. Cook the Noodles

When the **laksa** has been cooking for 10 mins, add in the **egg noodle nests**. Gradually break up with a wooden spoon as they soften. Cook until soft enough to eat, about 4 mins. **TIP: The noodles may soak up some of the coconutty liquid. If this is the case, just add a splash of hot water to get it back to a soupy consistency.**



## 3. Season the Laksa

Stir in the **peanut butter** and a pinch of **sugar** (if you have some) to your pan. Simmer gently for 10 mins. Taste the **laksa** and season to taste with **salt**, **pepper** and **sugar**.



## 6. Assemble and Serve

Remove from the heat and add **half** the **lime juice**. Taste and add **salt**, **pepper** and more **lime juice** if you feel it needs it. Serve immediately in big bowls topped with the **crispy tofu**, **coriander** and the remaining **spring onion**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.