

# Fragrant Tofu Laksa

with Noodles

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









Spring Onion

Bell Pepper





Red Chilli







Lime



Red Thai Curry Paste



i nai Paste



Vegetable Stock Powder



Cornflour



Peanut Butter



Egg Noodles

# Before you start

Our fruit, veggies and herbs need a wash before vou 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**	1/2	3/4	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Lime**	1/2	1	1
Tofu <b>11)</b> **	1 block	2 blocks	2 blocks
Red Thai Curry	1 small	1 large	2 small
Paste	sachet	sachets	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 1)	1 pot	1½ pots	2 pots
Cornflour	20g	30g	40g
Egg Noodles 8) 13)	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

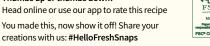
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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

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# 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.



### 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.



# 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.



## 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.



# 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.



# 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.