



Fragrant Tofu Laksa

with Egg Noodles and Spring Onion

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

22



Egg Noodle Nest



Bell Pepper



Spring Onion



Garlic Clove



Lime



Tofu



Red Thai Style Paste



Coconut Milk



Vegetable Stock Paste



Peanut Butter



Cornflour



Thai Style Spice Blend

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, sieve, kettle, garlic press, fine grater, bowl and frying pan.

Ingredients

	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Garlic Clove**	1	2	2
Lime**	½	1	1
Tofu** 11)	280g	420g	560g
Red Thai Style Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Boiling Water*	300ml	450ml	600ml
Vegetable Stock Paste 10)	10g	15g	20g
Peanut Butter 1)	1 pot	1½ pots	2 pots
Sugar*	½ tsp	½ tsp	1 tsp
Cornflour	20g	37g	50g
Thai Style Spice Blend 3)	1 pot	1 pot	2 pots

*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	473g	100g
Energy (kJ/kcal)	2709 /648	572 /137
Fat (g)	39	8
Sat. Fat (g)	19	4
Carbohydrate (g)	46	10
Sugars (g)	10	2
Protein (g)	28	6
Salt (g)	2.44	0.52

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 3) Sesame 8) Egg 10) Celery 11) Soya 13) 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, milk, egg, mustard, celery, soya, 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.

Contact

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Cook the Noodles

Bring a large saucepan of **water** to the boil with **¼ tsp salt**. When boiling, add the **noodles** and bring back to the boil. Cook until tender, 4 mins. Once cooked, drain in a sieve and set the pan aside. **TIP: Run the noodles under cold water to stop them sticking together.** Fill your kettle and pop it on to boil for the **laksa**.



Get Prepped

While the **noodles** cook, halve the **pepper** and discard the core and seeds. Chop into small pieces. Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**. Drain and cut the **tofu** into 2cm cubes. Pat dry with kitchen paper.



Start the Laksa

Once the **noodles** are drained, pop the (now empty) saucepan back on medium-high heat with a drizzle of **oil**. Add the **pepper, garlic** and **half the spring onion**. Stir-fry for 2-3 mins, then add the **red Thai style paste**. Stir-fry for 1 more min, then stir in the **coconut milk**.



Add the Flavour

Add the **boiling water** from your kettle (see ingredients for amount) and the **vegetable stock paste** to the pan, then bring to a simmer. Stir in the **peanut butter** and **sugar** (see ingredients for amount). Simmer until thickened, 8-10 mins.



Fry the Tofu

While the **laksa** simmers, pop the **cornflour, lime zest** and **Thai style spice blend** in a bowl. Season with lots of **salt** and **black pepper**. Add the **tofu** to the bowl and toss in the **cornflour mix** until evenly coated. Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, fry the **tofu cubes** until slightly crispy, 8-10 mins. Turn frequently to ensure they brown evenly, then remove from the heat.



Assemble and Serve

When the **laksa** has thickened, stir in the **cooked noodles** and heat through, 1 min. Remove from the heat and add **half the lime juice**. Taste and add more **salt, pepper, lime juice** or **sugar** if needed. Serve immediately in big bowls topped with the crispy **tofu** and remaining **spring onion**. Cut any remaining **lime** into **wedges** and serve alongside.

Enjoy!