



More Than Food  
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## Soy and Honey Glazed Tofu with Healthy Noodle Broth

We're really determined to get people loving tofu, and with this recipe, we feel confident it's a winner! Fried until crispy, then coated in sticky honey and soy sauce, you won't even recognise it! What makes this tofu recipe even better is that it's served with our delicious rice noodle broth, which aside from being ridiculously tasty, is also pretty healthy!

25 mins

spicy

veggie

healthy

vegan

2 of your 5 a day



Tofu (1 block)



Spring Onion (3)



Closed Cup Mushrooms (1 punnet)



Garlic Clove (1)



Sweetheart Cabbage (1)



Soy Sauce (1½ tbsp)



Honey (1 tbsp)



Rice Noodles (½ pack)



Red Curry Paste (1 tbsp)



Water (600ml)



Star Anise (1)




Vegetable Stock Pot (1)

## 2 PEOPLE INGREDIENTS

- Tofu
- Spring Onion, sliced
- Closed Cup Mushrooms, sliced
- Garlic Clove, grated
- Sweetheart Cabbage, sliced
- Soy Sauce

- 1 block** • Honey
- 3** • Rice Noodles
- 1 punnet** • Red Curry Paste
- 1** • Water
- 1** • Star Anise
- 1½ tbsp** • Vegetable Stock pot

- 1 tbsp**
- ½ pack**
- 1 tbsp**
- 600ml**
- 1**
- 1**

 Our fruit and veggies may need a little wash before cooking!

**Allergens:** Celery, Soya, Sulphites, Gluten.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	397 kcal / 1661 kJ	9 g	2 g	70 g	12 g	25 g	4 g
<b>Per 100g</b>	72 kcal / 301 kJ	2 g	0 g	13 g	2 g	4 g	1 g

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

**Soy Sauce:** Water, Soybeans, Wheat, Salt.

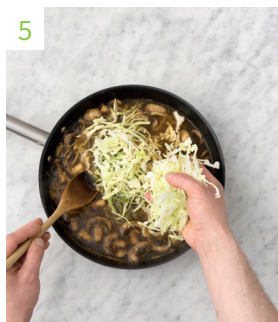
**Red Curry Paste:** Glucose Syrup, Water, Spices (Garlic, Coriander, Paprika, Chilli), Vegetable Oil, Salt, Lime Juice Powder, Sugar, Tomato Powder, Onion Extract, Red Cabbage Extract.



**1** Cut each **tofu** block into eight slices, put some sheets of kitchen paper on a baking tray and lay on your **tofu slices**. Leave to the side, so the kitchen paper can absorb some of the liquid, while you prepare your vegetables.



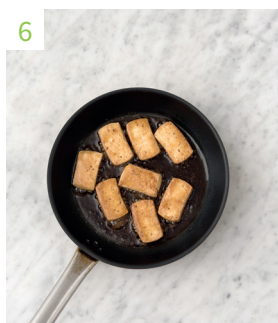
**2** Boil your kettle. Thinly slice the **spring onion** keeping the **white** and **green** parts separate. Cut each **mushroom** into roughly four slices. Peel and grate the **garlic** (or use a garlic press if you have one). Cut the **cabbage** in half through the root, remove the triangular root in the middle, then slice it as thinly as possible. Mix the **soy sauce** and **honey** together in a small bowl.



**3** Put the **rice noodles** in a bowl and pour over some boiling **water** and add a pinch of **salt**. **Tip:** *The noodles should be completely submerged in water.* Leave your **noodles** to the side uncovered for 8 mins, then test to see if they are cooked. They should be cooked through but with a tiny bit of firmness left in the middle. If your noodles aren't cooked, leave them in the hot water for a couple more mins, then drain and submerge in cold water.

**4** To make the **broth** drizzle some **oil** in a large frying pan (or wok) and put on medium heat. Add in the **whites** of your **spring onion**. Cook for 2 mins before adding your **mushrooms**, a drizzle more **oil**, a sprinkle of **salt** and a good grind of **black pepper**. Stir and cook for another 5 mins before adding the **red curry paste** and your **garlic**.

**5** Cook for 1 minute, then add the **water** (amount specified in the ingredient list), **star anise** and **vegetable stock pot**. Bring to the boil, making sure your stock pot has dissolved, then add your **cabbage** and simmer for 3-4 mins, until your **cabbage** has wilted and is soft. Taste and add **salt** and **pepper** if necessary. Once your **broth** has cooked, turn off the heat and leave to the side.



**6** Put a frying pan on medium heat and add a splash of **oil**. Once hot, lay your **tofu** in the pan and cook for around 3 mins on each side until brown and crispy. Once your **tofu** is crispy, turn the heat to low, pour in your **soy honey mixture** and let it simmer for 1 minute before turning over your **tofu slices** so the other side gets a nice coating of your **mixture**. Cook for another minute, then remove from heat.

**7** Put your **broth** back on medium heat and bring it to the boil. Drain and divide your **noodles** between bowls and ladle over your **broth**. Lay your **tofu slices** on top and sprinkle over the **greens** of your **spring onion**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!