



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK24
2016



Satay Tofu Noodle Stir-Fry with Baby Bok Choy

It's time to put the grim memories of greasy takeaway noodles staining the front of your shirt behind you, and welcome these noodles into your life! This dish is a healthier option but tastes just as authentic. We're calling it, it's official - these noodles are so moreish and saucy that you won't be able to resist.



Prep: 15 mins
Cook: 10 mins
Total: 25 mins



level 1

Pantry Items



Soy Sauce



Water



Vegetable Oil



Hoisin Sauce



Ginger



Garlic



Ramen Noodles



Malaysian Peanut Satay Tofu



Carrot



Spring Onions



Baby Bok Choy

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
2 tbs	4 tbs	hoisin sauce (recommended amount)
1 tbs	2 tbs	salt-reduced soy sauce *
1 tbs	2 tbs	water *
1 knob	2 knobs	ginger, peeled & grated
1 clove	2 cloves	garlic, peeled & crushed
2 packets	4 packets	ramen noodles
2 tsp	1 tbs	vegetable oil *
1 packet	2 packets	Malaysian peanut satay tofu, cubed
1	2	carrot, peeled & cut into matchsticks
1 bunch	2 bunches	spring onions, sliced
2 bunches	4 bunches	baby bok choy, quartered

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2230	Kj
Protein	26.4	g
Fat, total	17.3	g
-saturated	2.7	g
Carbohydrate	64.2	g
-sugars	20.7	g
Sodium	1320	mg



You will need: chef's knife, chopping board, vegetable peeler, garlic crusher, grater, kettle, small bowl, heatproof bowl strainer, and a large wok or frying pan.

1 Bring a kettle full of water to the boil.

2 In a small bowl, combine the **hoisin sauce, salt-reduced soy sauce, water, ginger and garlic**. Set aside.



3 Place the **ramen noodles** in a heatproof bowl and pour over the boiling water. Soak for **1 minute**. Drain.

4 Heat the **vegetable oil** in a large wok or frying pan over a medium-high heat. Add the **Malaysian peanut satay tofu** and stir fry for **1-2 minutes** or until golden. Set aside.



5 Place the same wok over a medium-high heat. Add the **carrot, spring onion and baby bok choy** and stir fry for **1 minute**. Add the hoisin sauce mixture to the wok with the noodles and the tofu. Stir fry for **2 minutes** or until heated through and well combined.

Tip: If you have some in your pantry, stir through 1 tbs of crunchy peanut butter to transform this into a yummy satay stir-fry.

6 Divide the noodles between bowls and enjoy!



Did you know? Tofu was created over 2000 years ago in China during the Han dynasty.