



Sweet Chilli Tofu & Sesame Noodles

with Crushed Peanuts

Grab your Meal Kit with this symbol



Garlic



Capsicum



Zucchini



Carrot



Lime



Coriander



Malaysian Tofu



Udon Noodles



Sweet Chilli Sauce



Dark Roasted Peanut Butter



Sesame Oil Blend



Crushed Peanuts

Hands-on: **25-35** mins
Ready in: **30-40** mins

With pre-marinated tofu giving you hours' worth of flavour in an instant, this recipe comes together like a flash in a pan. And speaking of pans, make sure yours is nice and hot before you start adding ingredients for the perfect result.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
capsicum	1	2
zucchini	1	2
carrot	1	2
lime	1	2
coriander	1 bag	1 bag
Malaysian tofu	1 block	2 blocks
udon noodles	1 packet	2 packets
sweet chilli sauce	1 tub (50g)	1 tub (100g)
soy sauce* (for the tofu)	2 tsp	1 tbs
dark roasted peanut butter	1 packet	2 packets
hot water*	¼ cup	½ cup
soy sauce* (for the sauce)	1½ tbs	¼ cup
sesame oil blend	1 tub (15g)	2 tubs (30g)
brown sugar*	1 tsp	2 tsp
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4140kJ (989Cal)	702kJ (168Cal)
Protein (g)	39.3g	6.7g
Fat, total (g)	36.2g	6.1g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	125g	21.2g
- sugars (g)	26.9g	4.6g
Sodium (g)	4040mg	685mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Bring a medium saucepan of water to the boil. Finely chop the **garlic** (or use a garlic press). Cut the **capsicum** into thin strips. Slice the **zucchini** into 1cm half-moons. Grate the **carrot** (unpeeled). Zest the **lime** to get a **generous pinch**, then cut into wedges. Roughly chop the **coriander**. Cut the **Malaysian tofu** into 1cm cubes.



4. Cook the veggies

Wipe out the pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **capsicum**, **zucchini** and **carrot** and cook until just tender, **5 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**.



2. Cook the noodles

Add the **udon noodles** to the saucepan of boiling water and cook until softened, **2 minutes**. Drain and rinse. Add a **small drizzle of olive oil** to prevent the noodles sticking together.

TIP: Use a fork to help separate the noodles!



5. Bring it all together

While the veggies are cooking, in a small bowl, add the **dark roasted peanut butter**, **hot water**, **soy sauce (for the sauce)**, **sesame oil blend**, **brown sugar**, **lime zest** and a **generous squeeze of lime juice**. Stir to combine. Add the **udon noodles** to the veggies in the frying pan. Add the **peanut mixture** and **1/2 the crushed peanuts** and toss until well combined and heated through.



3. Fry the tofu

Heat a large frying pan over a medium-high heat with a **generous drizzle of olive oil**. Add the **tofu** and cook, tossing, until browned all over, **4-5 minutes**. Remove from the heat and add the **sweet chilli sauce** and **soy sauce (for the tofu)**. Turn to coat the tofu in the sauce. Transfer to a plate.



6. Serve up

Divide the veggies and noodles between bowls and top with the sweet chilli tofu. Garnish with the coriander and remaining crushed peanuts. Serve with the remaining lime wedges.

Enjoy!