



Fragrant Tofu Laksa

with Egg Noodles

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

22



Bell Pepper



Garlic Clove



Lime



Tofu



Red Thai Style Paste



Coconut Milk



Vegetable Stock Paste



Spring Onion



Peanut Butter



Cornflour



Thai Style Spice Blend



Egg Noodle Nest

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Garlic Press, Zester, Saucepan, Bowl and Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|----------------------------|----------|------------|-----------|
| Bell Pepper*** | 1 | 2 | 2 |
| Garlic Clove** | 1 | 2 | 2 |
| Lime** | ½ | 1 | 1 |
| Tofu** (11) | 280g | 560g | 560g |
| Red Thai Style Paste | 50g | 75g | 100g |
| Coconut Milk | 200ml | 300ml | 400ml |
| Vegetable Stock Paste (10) | 10g | 15g | 20g |
| Boiling Water* | 450ml | 700ml | 900ml |
| Spring Onion** | 1 | 2 | 2 |
| Peanut Butter (1) | 1 sachet | 1½ sachets | 2 sachets |
| Cornflour | 20g | 37g | 50g |
| Thai Style Spice Blend (3) | 1 sachet | 1 sachet | 2 sachets |
| Egg Noodle Nest (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 | 473g | 100g |
| Energy (kJ/kcal) | 2718 / 650 | 574 / 137 |
| Fat (g) | 40 | 9 |
| Sat. Fat (g) | 18 | 4 |
| Carbohydrate (g) | 43 | 9 |
| Sugars (g) | 7 | 2 |
| Protein (g) | 29 | 6 |
| Salt (g) | 2.93 | 0.62 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 3) Sesame 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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Get Prepping

Fill and boil your kettle. 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 small chunks. Pat dry with kitchen paper.



Cook the Tofu

Meanwhile, 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 the **tofu** in the **cornflour** to coat. Heat a splash of **oil** in a frying pan on medium-high heat. Once hot, add the **tofu cubes**, and fry turning every couple of minutes until crisp and golden on all sides, 6-8 mins.



Laksa Time

Heat a splash of **oil** in a large saucepan on medium heat. Add the **pepper**, **garlic** and **half the spring onion**. Stir fry and cook for 2 mins, then add the **red Thai style curry paste** and stir together. Cook for 1 min, then pour in the **coconut milk** and mix until combined. Add the **vegetable stock paste** along with the **boiling water** from your kettle (see ingredients for amount) and bring to a simmer.



Add 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, 4 mins. **TIP: The noodles may soak up some of the coconut liquid. If this is the case, add some hot water to get it back to a soupy consistency.**



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**.



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** 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.