



# Red Thai Style Tofu and Coconut Noodles

with Green Beans and Carrot

22

**Classic** 30-35 Minutes • Medium Spice • 1 of your 5 a day • Veggie



Garlic Clove



Green Beans



Lime



Carrot



Tofu



Thai Style  
Spice Blend



Egg Noodle Nest



Red Thai  
Style Paste



Coconut Milk



Vegetable Stock Paste



Chilli Flakes

**Pantry Items**

Oil, Salt, Pepper, Plain Flour

## Before you start

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

## Cooking tools

Kettle, garlic press, fine grater, peeler, kitchen paper, bowl, frying pan, saucepan and sieve.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Green Beans**	80g	150g	200g
Lime**	½	1	1
Carrot**	1	1½	2
Tofu** <b>11</b>	280g	420g	560g
Thai Style Spice Blend <b>3</b>	1 sachet	1 sachet	2 sachets
Egg Noodle Nest <b>8</b> <b>13</b>	2 nests	3 nests	4 nests
Red Thai Style Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Chilli Flakes	1 pinch	1 pinch	2 pinches
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	150ml	175ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>454g</b>	<b>100g</b>
Energy (kJ/kcal)	3063 /732	674 /161
Fat (g)	37.3	8.2
Sat. Fat (g)	21.4	4.7
Carbohydrate (g)	67.9	14.9
Sugars (g)	10.1	2.2
Protein (g)	31.2	6.9
Salt (g)	3.22	0.71

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**3)** Sesame **8)** Egg **10)** Celery **11)** Soya **13)** Cereals containing 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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## Get Prepped

Boil a full kettle.

Peel and grate the **garlic** (or use a garlic press).  
Trim and halve the **green beans**.

Zest and halve the **lime** (see ingredients for amount).

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.



## Bring on the Veg

Wipe out the (now empty) frying pan and pop on medium-high heat with a drizzle of **oil**.

Once hot, add the **green beans** and **carrot ribbons**. Stir-fry until softened, 2-3 mins.

Add the **garlic** and **red Thai style paste**, then fry until fragrant, 1 min.

Stir in the **coconut milk**, **vegetable stock paste** and **water for the sauce** (see pantry for amount).  
Cook until thickened, 5-6 mins.



## Fry the Spiced Tofu

Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.

In a large bowl, mix together the **Thai style spice blend**, **plain flour** (see pantry for amount), **salt** and **pepper**. Add the **tofu** and toss to coat.

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, fry the **tofu** until slightly crispy, 8-10 mins. Turn frequently to ensure it doesn't burn.

Transfer to a plate lined with kitchen paper.

Sprinkle over the **lime zest** and season again with **salt** and **pepper**.



## Combine and Stir

Once the **sauce** has thickened, add the **cooked noodles** and **tofu** to the pan and mix to coat.

Add a splash of **water** to loosen if you feel it needs it, then taste and season with **salt** and **pepper** if needed.

Squeeze in some **lime juice**, then remove from the heat.



## Cook the Noodles

While the **tofu** cooks, pour the **boiled water** from your kettle into a large saucepan with **¼ tsp salt** on high heat.

Add the **noodles** to the **water** and cook until tender, 4 mins.

Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



## Serve

Share your **red Thai style tofu and noodles** between your bowls.

Finish with a sprinkle of **chilli flakes** (add less if you'd prefer things milder) and serve with any remaining **lime wedges** for squeezing over.

## Enjoy!