



Fiery Gochujang Tofu Noodles

with garlicky green beans

Veggie Quick Cook 20 – 25 mins • Extra spicy

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Egg Noodles



Cauliflower



Tofu



Gochujang Paste



Ketjap Manis



Garlic



Soy Sauce



Peanuts



Green Beans



Thai Style Spice Mix

Pantry Items: Salt, Pepper, Oil, Water, Sugar



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pan with lid, sieve

Ingredients

	2P	4P
Egg Noodles	150 g	300 g
Cauliflower	1 unit	2 units
Tofu	280 g	560 g
Gochujang Paste	2 sachets	4 sachets
Ketjap Manis	1 sachet	2 sachets
Garlic	2 units	4 units
Soy Sauce	1 sachet	2 sachets
Peanuts	20 g	40 g
Green Beans	75 g	150 g
Thai Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	489.5 g	100 g
Energy (kJ/kcal)	2631.7 kJ/629 kcal	537.6 kJ/128.5 kcal
Fat (g)	19.3 g	3.9 g
Sat. Fat (g)	2.6 g	0.5 g
Carbohydrate (g)	77.6 g	15.9 g
Sugars (g)	14.5 g	3 g
Protein (g)	38.5 g	7.9 g
Salt (g)	3.2 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Fry the Tofu

- Boil a pot of **salted water** for the **noodles**.
- Drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper. Toss with a drizzle of **oil**, **Thai spice**, ½ tsp **salt** (double for 4p) and **pepper**.
- Place a pan over high heat with a glug of **oil**.
- Once hot, fry the **tofu** until slightly crispy, 6-8 mins. Shift frequently to ensure it doesn't burn. Season with **salt** and **pepper**.
- Transfer the **tofu** to a bowl and cover to keep warm. Reserve the pan to use later.



Char the Veg

- Return the empty pan to medium-high heat with a drizzle of **oil**.
- Once hot, add the **cauliflower** and cook until starting to char, 4-5 mins.
- Next add the **green beans**.
- Fry until slightly charred, 4-5 mins.
- Add the grated **garlic** and fry until fragrant, another 2-3 mins.



Boil the Noodles

- When the **water** is boiling, add the **noodles** and cook until softened, 4-6 mins.
- Once cooked, drain in a sieve and return to the pot, off the heat.
- Drizzle with **oil** and toss to prevent sticking.



Finishing Touches

- Pour the **gochujang**, **soy sauce** and **ketjap manis** into the pan along with 1 tsp **sugar** and 100ml **water** (double both for 4p).
- Stir well to combine and bring to the boil.
- Cover and simmer until the veg is tender, 3-4 mins.
- Taste and season with **salt** and **pepper**. Add a splash of **water** to loosen the sauce if you feel it's too thick.
- Toss the cooked **noodles** through the sauce until warmed through.

TIP: Add the gochujang a little at a time, it's spicy!



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Trim and halve the **green beans**.
- Cut the **cauliflower** into florets (like small trees). Halve any large florets.



Garnish and Serve

- Divide the spicy veg **noodles** between bowls.
- Top with the crispy **tofu**.
- Finish with a scattering of **peanuts**.

Enjoy!