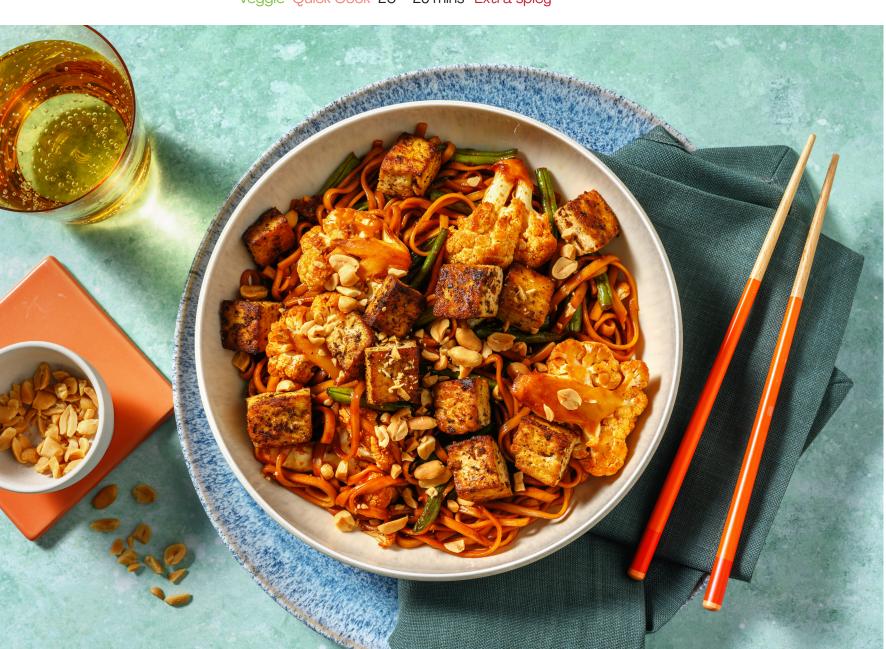


Fiery Gochujang Tofu Noodles

with garlicky green beans

Veggie Quick Cook 20 – 25 mins • Extra spicy

















Ketjap Manis











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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Fru 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.



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.



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.



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.



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!



Garnish and Serve

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

Enjoy!