



Tofu Noodles in Peanut Sauce

with carrot and bell pepper

Veggie Quick Cook 20 – 25 mins

8



Peanut Butter



Carrot



Egg Noodles



Thai Style Spice Mix



Coconut Milk



Sweet Chilli Sauce



Lime



Bell Pepper



Soy Sauce



Tofu

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

Sieve

Ingredients

	2P	4P
Peanut Butter	1 sachet	2 sachets
Carrot	1 unit	2 units
Egg Noodles	150 g	300 g
Thai Style Spice Mix	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Sweet Chilli Sauce	1 sachet	2 sachets
Lime	1 unit	2 units
Bell Pepper	1 unit	2 units
Soy Sauce	1 sachet	2 sachets
Tofu	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	514.8 g	100 g
Energy (kJ/kcal)	3334.6 kJ/ 797 kcal	647.8 kJ/ 154.8 kcal
Fat (g)	35.5 g	6.9 g
Sat. Fat (g)	16.5 g	3.2 g
Carbohydrate (g)	88.9 g	17.3 g
Sugars (g)	23.7 g	4.6 g
Protein (g)	33.1 g	6.4 g
Salt (g)	2.9 g	0.6 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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Cook the Noodles

- Boil a large pot of **salted water** for the **egg noodles**.
- When the **water** is boiling, add the **noodles** and cook until softened, 4-6 mins.
- Drain in a sieve and return to the pot, off the heat.
- Drizzle with **oil** and toss to prevent sticking.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Fry the Veg

- Return the pan to high heat with a drizzle of **oil** (if required).
- Add the **carrot**, season with **salt** and **pepper** and fry until tender, 5-6 mins.
- Lower the heat to medium-high and add the **pepper**. Fry for another 2-3 mins.
- Add the **Thai spice mix** and fry until fragrant, 1 min more.
- Stir in **peanut butter**, **coconut milk** and 150ml **water** (double for 4p). Mix well to combine and bring to the boil.



Crisp the Tofu

- Meanwhile, drain the **tofu** and chop into 2cm cubes. Pat dry with kitchen paper.
- Toss with a drizzle of **oil**, **pepper** and **half** the **soy sauce**.
- Place a large pan over high heat with a good 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 to a bowl and cover to keep warm.



Finishing Touches

- Remove the pan from the heat and add ¼ tsp **sugar**, the juice of two **lime** wedges (double both for 4p) and remaining **soy sauce**.
- Taste and season with **sugar**, **salt** and **pepper**. Add a splash of **water** if the sauce is too thick.
- Add the drained **noodles** and **tofu** to the pan.
- Mix until everything is coated and warmed through, 1 min.



Prep the Veg

- Meanwhile, trim the **carrot**, quarter lengthways and chop widthways into small pieces (no need to peel).
- Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.
- Quarter the **lime**.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



Divide and Serve

- Share the **noodles** between plates.
- Top with remaining **lime** wedges.
- Finish with a squeeze of **lime** juice and a drizzle of **sweet chilli sauce**.

Enjoy!