

Spicy Gochujang Tofu Noodles with garlicky green beans

20 - 25 mins • Veggie • Extra spicy



8

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	300 g	600 g
Tofu	180 g	360 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	447.8 g	100 g
Energy (kJ/kcal)	2656.8 kJ/ 635 kcal	593.3 kJ/ 141.8 kcal
Fat (g)	18 g	4 g
Sat. Fat (g)	3 g	0.7 g
Carbohydrate (g)	83.2 g	18.6 g
Sugars (g)	20.8 g	4.6 g
Protein (g)	35.6 g	7.9 g
Salt (g)	5.7 g	1.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

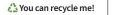
Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

Contact

Share your creations with #HelloFreshIreland Any questions? Contact our customer care team at <u>hellofresh.ie/about/faa</u>







Fry the Tofu

- Boil a pot of salted water for the **noodles**.
- Drain the tofu. Chop into 2cm cubes. Pat dry with kitchen paper. Toss with a drizzle of oil, Thai spice, ½ tsp salt (per 2P) and pepper.
- Place a pan over high heat with a glug of **oil**.
- Once hot, fry the tofu until slightly crispy, 6-8 mins.
 Stir often 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 (per 2P) and 100ml water (per 2P).
- 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.



Garnish and Serve

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

Enjoy!