



Malaysian tofu noodles

with Evergreen fresh noodles and fried silken tofu



Make this dish within **3 days** of receiving your meal kit



Cooking equipment: medium pot, wok / large frying pan



Pantry items needed:
peanut/vegetable oil



Hands-on: 15-20 minutes
Ready in: 15-20 minutes



Serves: 2 or 4

This take on Malaysian noodles is a fresh, zingy, flavour bomb, packed with protein! Featuring fresh Le Mein wheat noodles and fried silken tofu, both from our neighbours at Evergreen Foods, lightly stir-fried vegetables, crunchy bean sprouts and a spicy kick for people who choose to add the sambal oelek. Omit the chilli and it's a dish the kids will love too!

HIGH PROTEIN | Quick & easy, Spicy (medium/optional)

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Fresh wheat noodles	1 packet	1 packet
Malaysian noodle stir fry sauce	1 tub	1 tub
Carrot	120g	240g
Choy sum	185g	370g
Garlic	4g	8g
Ginger	20g	40g
Bean sprouts	50g	100g
Silken fried tofu	1 packet	2 packets
Lemon	100g (half)	100g
Sambal oelek (optional)*	1 tub	1 tub
Peanut/vegetable oil*	1 tbsp	2 tbsp

* *Pantry items*

Allergens and ingredients

Allergens: gluten, wheat, soy, sesame.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook noodles

Fill a medium pot $\frac{3}{4}$ -full with water and bring to the boil. Add **noodles** and cook for **8 minutes**. When done, drain into a colander (do not rinse) and then return the noodles to the pot.

Shake **Malaysian noodle stir fry sauce** before opening. Add a small amount of **sauce** to the noodles (**1 tbsp for 2 serves** and **2 tbsp for 4 serves**), toss to combine and set aside.

2. Prepare ingredients

Peel and slice **carrot** into thin matchsticks. Chop **choy sum** into 4cm pieces, including stems. Mince **garlic** and finely grate **ginger**. Rinse and drain **bean sprouts** in a sieve. Cut **tofu** cubes in half.

3. Make sauce

Juice **lemon** (**$\frac{1}{2}$ for 2 serves** and **1 for 4 serves**). In a small bowl, add **lemon** juice, remaining **Malaysian noodle stir fry sauce** and **sambal oelek (optional)*** (or omit for a non-spicy version). Whisk together and set aside.

4. Stir fry

In a wok/large frying pan over high heat, add **vegetable oil***. When hot, add **carrot** and stir fry for **1 minute**. Add **garlic** and **ginger** and stir fry for **30 seconds**. Add **choy sum** and stir fry until the leaves start to wilt, about **2 minutes**. Add **noodles**, **stir fry sauce**, **tofu** and **bean sprouts** and toss together until combined and hot, about **3 minutes** (see tip).

5. Serve

Serve **Malaysian tofu noodles** in deep bowls.

Cooking tip

Use two pasta servers to mix together.

Eat your way
to healthy!



Tofu is a good source of protein and contains all nine essential amino acids your body needs. Surprisingly, it provides more protein per calorie than beef. It is also a source of iron, manganese, potassium, calcium, selenium, phosphorous, magnesium, copper, zinc and vitamin B1.

Tofu has been linked to health benefits such as better heart health, lower levels of 'bad' cholesterol, better bone health, lower risk of colorectal and prostate cancer, better skin and better memory and brain health.

Nutritional information*

	Per 490g serve	Per 100g
Energy	3504kJ (838Cal)	715kJ (171Cal)
Protein	36.8g	7.5g
Fat, total	31.9g	6.5g
- Saturated	3.5g	0.7g
Carbohydrate	90.0g	18.0g
- Sugars	8.0g	2.0g
Sodium	1750mg	356mg

* *Nutritional information is based on averages*