



# SPEEDY JAPANESE TOFU & RAMEN NOODLE SALAD

with Tahini-Soy Dressing



Make a  
tahini-soy dressing



Ginger



Ramen Noodles



Cucumber



Tahini



Japanese Tofu



Tatsoi Leaves



Black Sesame Seeds



Long Red Chilli (Optional)



Hands-on: **20** mins  
Ready in: **25** mins



Spicy (optional long  
red chilli)

Have you ever heard of Tokyo's bullet train? It's public transport that goes seriously fast - almost as fast as it takes to make a delicious HelloFresh dinner! Inspired by the flavours and downright efficiency of Japan, we present this tasty tofu salad. Itadakimasu!

**Pantry Staples:** Olive Oil, Soy Sauce, Rice Wine Vinegar (or White Wine Vinegar), Sugar, Water, Sesame Oil



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium saucepan, vegetable peeler or teaspoon, fine grater, chef's knife, chopping board, colander, small bowl, medium frying pan, tongs** and a **large bowl**.



### 1 GET PREPPED

Bring a medium saucepan of water to the boil. Peel and finely grate the **ginger** until you have **2 tsp for 2 people / 1 tbs for 4 people**. **TIP:** You can peel the ginger using a **teaspoon**. Slice the **cucumber** into 0.5 cm half-moons. Finely slice the **long red chilli** (if using).



### 2 COOK THE RAMEN NOODLES

Add the **ramen noodles (use suggested amount)** to the boiling water and cook for **4 minutes**, or until soft. Drain, refresh under cold water, return to the saucepan and **drizzle** with **olive oil** to prevent sticking.



### 3 MAKE THE DRESSING

While the noodles are cooking, combine the **ginger, tahini (use suggested amount), soy sauce, rice wine vinegar, sugar, water (check ingredients list for the amount)** and **sesame oil** in a small bowl. Mix well and set aside.



### 4 COOK THE TOFU

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Slice the **Japanese tofu** into 1 cm cubes and cook for **2 minutes** on each side, or until browned and warmed through.



### 5 BRING IT ALL TOGETHER

In a large bowl, combine the **ramen noodles, cucumber, tatsoi leaves** and the **tahini-soy dressing** and toss to combine.



### 6 SERVE UP

Divide the ramen noodle salad between bowls. Top with the Japanese tofu and garnish with long red chilli (if using) and **black sesame seeds**.

ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
cucumber	1	2
long red chilli (optional)	1	2
ramen noodles (use suggested amount)	½ packet (135 g)	1 packet (270 g)
tahini	½ tub (50 g)	1 tub (100 g)
soy sauce*	1 tbs	2 tbs
rice wine vinegar* (or white wine vinegar)	1 tbs	2 tbs
sugar*	½ tsp	1 tsp
water*	1 tsp	2 tsp
sesame oil*	1 tsp	2 tsp
Japanese tofu	1 block (200 g)	2 blocks (400 g)
tatsoi leaves	1 bag	1 bag
black sesame seeds	1 sachet	2 sachets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1680kJ (400Cal)	508kJ (121Cal)
Protein (g)	26.0g	7.9g
Fat, total (g)	20.8g	6.3g
- saturated (g)	5.8g	1.7g
Carbohydrate (g)	25.8g	7.8g
- sugars (g)	3.2g	1.0g
Sodium (g)	937mg	284mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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