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## Baked Five Spice Tofu Kebabs with Ginger and Tahini Noodles

Our 'veggie-fied' kebabs are not only the perfect pick-me-up during the week, but really help to make this 'healthy eating' thing a doddle. This dish may take a little more time to prepare, but it's certainly worth it! Our tasty kebabs are made with lots of lovely ingredients all marinated in a blend of Chinese 5 spice, soy sauce and a delicious Tracklements apricot and ginger chutney. A great combination of flavours and textures! Enjoy!



45 mins



veggie



healthy



lactose free



Bamboo Skewers



Tofu



Red Onion



Green Pepper



Button Mushrooms



Chinese 5 Spice



Apricot and Ginger Chutney



Soy Sauce



Ginger



Lime



Spring Onion



Red Chilli



Rice Vinegar



Honey




Tahini



Egg Noodles

## Ingredients

	2P	4P
Bamboo Skewers	4	8
Tofu	1 pack	2 packs
Red Onion, chopped	1	2
Green Pepper, chopped	1	2
Button Mushrooms, halved	1 punnet	2 punnets
Chinese 5 Spice	½ tbsp	1 tbsp
Apricot and Ginger Chutney	1 tbsp	2 tbsp
Soy Sauce <b>1, 2</b>	1½ tbsp	3 tbsp
Ginger, chopped	1 tbsp	2 tbsp
Lime	½	1
Spring Onion, sliced	1	2
Red Chilli, chopped	1 tsp	2 tsp
Rice Vinegar <b>3</b>	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Tahini <b>4</b>	2 tbsp	4 tbsp
Egg Noodles <b>1, 5</b>	1-2 nests	3 nests

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

- 1)** Gluten | **2)** Soya  
**3)** Sulphites | **4)** Sesame  
**5)** Egg

**Nutrition per serving:** Calories: 560 kcal | Protein: 28 g | Carbs: 80 g | Fat: 19 g | Saturated Fat: 2 g

2



**1** Pre-heat your oven to 220 degrees. Fully submerge the skewers in water and leave them there until you need them. **Tip:** This prevents the skewers from burning in the oven.

4



**2** In the meantime, drain and chop the tofu into 2cm cubes. Peel and chop the red onion into quarters, and chop the green pepper into 2cm pieces. Chop the mushrooms in half.

5



**3** Put 2 tbsp of olive oil, the Chinese 5 spice, chutney and half your soy sauce into a bowl and mix together. Add the tofu to the marinade and gently toss. Leave for 5 mins.

6



**4** Remove the tofu from the marinade bowl and transfer to a plate. Now add the red onion, green pepper and mushrooms to the marinade bowl and toss to coat.

**5** Remove the skewers from the water and thread the tofu and vegetables onto the skewers, alternating tofu - pepper - tofu - onion - tofu - mushroom etc. Place the skewers onto a baking tray and bake for 25 mins, turn the skewers over halfway through the cooking

time. **Tip:** If you have any veggies that don't fit on the skewers just pop them on the baking tray as well.

**6** While the skewers are cooking, peel and finely chop the ginger. **Tip:** You can peel your ginger with the back of a spoon! Zest and juice half your lime. Trim the ends off the spring onion and finely slice. Remove the seeds from the chilli and finely chop it. Add the ginger, lime zest and juice, spring onion and chilli (as much as you dare!) to a bowl along with the rest of the soy sauce, rice vinegar, honey, tahini and 1 tsp of olive oil into a large mixing bowl and whisk together.

**7** Bring a pot of water to the boil with ¼ tsp of salt. Place the noodles in the boiling water and cook for 4 mins (until just tender), then drain them. Place them in the bowl with the ginger and tahini sauce and toss together (until thoroughly coated).

**8** Share your noodles between bowls and top each one with two skewers and any extra vegetables. Enjoy!