



LIMEY TOFU & SWEET CHILLI NOODLES

with Beans and Mangetout



HELLO MANGETOUT

Mangetout is a type of garden pea that is picked very young, so young that the pod is still flat and the peas have barely developed.



Tofu



Garlic Clove



Spring Onion



Lime



Green Beans



Salted Peanuts



Red Chilli



Egg Noodle



Cornflour



Soy Sauce



Sweet Chilli Sauce



Mangetout

Did you know, tofu is a very old food first developed in China around 200 B.C. It's thought that very early Buddhist monks ate tofu as part of their strict vegetarian diets! In this recipe, we've tossed the tofu in cornflour before frying for a satisfyingly crispy outer texture. Seasoned with soy sauce, sweet chilli and lime for a zesty dish full of rich, umami flavour, these noodles are quick and packed with flavour. Finish with a sprinkling of chilli if you can handle the heat!

30 mins

1.5 of your 5 a day

Veggie

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Kitchen Paper, Fine Grater, Large Saucepan, Sieve, Mixing Bowl** and **Frying Pan**. Now, let's get cooking!



1 GET PREPPED

Line a plate with kitchen paper. Chop the **tofu** into roughly 2cm chunks and place them on your plate. Lay some more kitchen paper on top and leave to the side. **TIP:** *The kitchen paper should absorb the excess water from the tofu.*



2 CHOP THE VEGGIES

Peel and grate the **garlic** (or use a garlic press). Trim the **spring onion** and thinly slice. Zest and halve the **lime**. Trim the **green beans** and chop into thirds. Finely chop the **peanuts**. Halve the **chilli** lengthways, deseed then slice thinly.



3 COOK THE NOODLES

Bring a large saucepan of water up to the boil with a pinch of salt for the noodles. When boiling, add the **noodles** and cook for 4 mins. Drain in a sieve, then return them to the pan and submerge them in **cold water** to stop them from sticking together. Set to one side.



4 FRY THE TOFU

Put the **cornflour** in a mixing bowl with a large pinch of **salt** and **pepper**. Mix together, then add the **tofu** and toss to coat in the **flour**. Heat a glug of **oil** in a frying pan on medium high heat. Once the **oil** is hot, add the **tofu** (leaving any excess **flour** in the bowl) and stir-fry until golden and crispy on the outside, 8-10 mins. Put the **soy** and **sweet chilli sauces** in a small bowl. Squeeze in **half** the **lime juice** and mix together.



5 NOW THE VEGGIES

Once the **tofu** is crispy, transfer it to a clean bowl. Pop the frying pan back onto medium heat with a drizzle of **oil**. Add the **green beans** and a pinch of **salt** and **pepper**. Stir-fry until tender, 3-4 mins, then add the **mangetout, garlic** and **half** the **spring onion**. Stir-fry for 1-2 mins. Drain the **noodles** again, then add them to the pan along with the **sauce** and **tofu**. Toss together until everything is piping hot, 1-2 mins, remove from the heat.



6 FINISH AND SERVE

Season with **salt** and **pepper** to taste, then serve in bowls with the **peanuts**, remaining **spring onion** and **lime zest** sprinkled on top. Sprinkle over some of the **sliced chilli** if you want some heat! Chop the remaining **lime** into wedges and serve on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Tofu 11) *	1 block	1½ blocks	2 blocks
Garlic Clove *	2	3	4
Spring Onion *	1	2	2
Lime *	1	1	1
Green Beans *	1 small pack	1 small pack	1 large pack
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Red Chilli *	½	¾	1
Egg Noodles 8) 13)*	2 nests	3 nests	4 nests
Cornflour	20g	20g	40g
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Sweet Chilli Sauce	1 sachet	1½ sachets	2 sachets
Mangetout *	1 small pack	1 large pack	1 large pack

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 385G	PER 100G
Energy (kJ/kcal)	2347 / 561	610 / 146
Fat (g)	16	4
Sat. Fat (g)	3	1
Carbohydrate (g)	73	19
Sugars (g)	15	4
Protein (g)	32	8
Salt (g)	4.14	1.08

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 8) Egg 11) Soya 13) Gluten

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.

THUMBS UP OR THUMBS DOWN?

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Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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