



MISO TOFU STIR-FRY

with Asparagus and Peas

VEGGIE



HELLO MISO

A traditional Japanese condiment made by fermenting soybeans

TIME: 30 MIN



Extra-Firm Tofu



Miso



Ramen Noodles



Green Onions



Asparagus



Green Peas



Honey



Rice Vinegar



Chili Garlic Sauce




Garlic Salt

BUST OUT

- Measuring Cups
- Large Non-Stick Pan
- Small Bowl
- Large Pot
- Measuring Spoons
- Whisk
- Strainer
- Salt and Pepper
- Paper Towel
- Olive or Canola Oil

INGREDIENTS

2-person | 4-person

- Extra-Firm Tofu **4** 350 g | 700 g
- Miso **4** 3 tbsp | 6 tbsp
- Ramen Noodles **1** 200 g | 400 g
- Green Onions **2** | **4**
- Asparagus **227 g** | **454 g**
- Green Peas **½ cup** | **¾ cup**
- Honey **4 tsp** | **8 tsp**
- Rice Vinegar **1 tbsp** | **2 tbsp**
- Chili Garlic Sauce **9**  **2 tsp** | **4 tsp**
- Garlic Salt **9** **½ tsp** | **1 tsp**

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0** Fish/Poisson
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites
- 10** Crustacean/Crustacé
- 11** Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

In Step 4, use this heat guide to determine what spice level you prefer (dbl each measurement for 4 ppl): **½ tsp** mild, **1 tsp** medium and **1 ½ tsp** spicy and **all the sauce** for extra-spicy!



1 PREP

Wash and dry all produce.* In a large pot, add **12 cups** water. Cover and bring to a boil over high heat. (**NOTE:** Use same size pot and water amount for 4 ppl.) Meanwhile, cut **tofu** into ½-inch pieces, then pat dry with paper towel. Sprinkle over **½ tsp** **garlic salt** (dbl for 4 ppl).



4 FINISH PREP

Meanwhile, trim and discard bottom 1-inch from **asparagus**, then cut into 1-inch pieces. Thinly slice **green onions**. In a small bowl, whisk together **miso**, **honey**, **vinegar**, **3 tbsp** **water** (dbl for 4 ppl) and **½ tsp** **chili garlic sauce** (dbl for 4 ppl). (**NOTE:** Reference Heat Guide in Start Strong). Set aside.



2 COOK TOFU

Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp** **oil**, then **tofu**. Pan-fry, tossing occasionally, until crispy and golden-brown, 8-10 min. (**TIP:** Cook tofu in 2 batches for 4 ppl, using 1 tbsp oil for each batch!) Transfer to a plate and set aside.



5 ASSEMBLE STIR-FRY

To the same pan, add **1 tbsp** **oil** (dbl for 4 ppl) then **asparagus**. Cook, stirring occasionally, until tender-crisp, 2-3 min. Add **miso mixture**, **noodles** and **peas**. Remove pan from heat. Stir together, until **noodles** are coated, 1 min. Add **tofu** and season with **pepper**. Toss together.



3 COOK NOODLES

Meanwhile, to **boiling water**, add **noodles**. Cook, stirring occasionally, until tender, 3-4 min. Drain and rinse **noodles** with **cold water**, to prevent them from sticking to each other. Set aside.



6 FINISH AND SERVE

Sprinkle over **green onions**. Divide **miso tofu stir-fry** between plates.

TASTY!

Not your traditional stir-fry and oh so good!

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