



SPICY BBQ TOFU

with Sesame Noodles and Asian Slaw



HELLO TOFU

Tofu is one of the oldest foods in the world. It was discovered accidentally by a Chinese cook who curdled soy milk!



Garlic Clove



Lime



Tofu



Coriander



Easy Ginger



Soy Sauce



Rice Vinegar



Coleslaw Mix



Plain Flour



BBQ Sauce



Sriracha



Egg Noodle Nest



Sesame Seeds

MEAL BAG

20 mins

Veggie

Rapid recipe

Tofu can get a bad rep sometimes for a soggy texture or lack of flavour. Stir-frying tofu is one of the best ways to add flavour and cook tofu quickly, avoiding the dreaded soggy texture. Our spicy BBQ tofu is a wonderfully colourful dish packed with fresh ingredients, plus it can be ready in under half an hour! The tofu is seasoned with BBQ sauce, sriracha and soy sauce and fried for the best texture. Serve with crunchy coleslaw and a sprinkling of sesame seeds and fresh coriander.

GET **PREPARED!**

Fill and boil your **Kettle**.

16

BEFORE YOU START

🔥 Fill and boil your **Kettle** | 🧼 Wash the veggies. | 🍴 Make sure you've got a **Fine Grater, Kitchen Paper, Large Frying Pan, Large Saucepan** and **Sieve**. Now, lets get cooking the **Spicy BBQ Tofu with Sesame Noodles and Asian Slaw**.



1 GET PREPARED

- Peel and grate the **garlic**.
- Zest and half the **lime**.
- Slice the **tofu** widthways into 2 thick 'steaks' per person.
- Roughly chop the **coriander** (stalks and all).



4 FRY THE TOFU

- Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, lay the **tofu slices** into the pan and cook until golden, 4-5 mins on each side. Adjust the heat if necessary.
- Meanwhile, make the **BBQ sauce** by mixing the **BBQ sauce, sriracha** and remaining **soy sauce** together in another small bowl.
- Once the **tofu** is golden, turn off the heat and carefully pour in the **BBQ sauce**. Turn the **tofu** over in the **sauce** to evenly coat.



2 MAKE THE DRESSINGS

- Make the **dressing** for the noodles by mixing the **easy ginger, garlic, olive oil** for the noodles (see ingredients for amount), **sugar** for the noodles (see ingredients for amount) and **half the soy sauce** together in a small bowl. Squeeze in the **juice** from the **lime**. Stir to combine then set to one side.
- Make the **dressing** for the coleslaw by mixing the **rice vinegar** and **lime zest** together in a larger bowl.



5 COOK THE NOODLES

- In the meantime, pour the boiling water from your kettle into a large saucepan with a pinch of **salt** and bring back to the boil.
- Cook the **noodles** for 4 mins. Drain in a sieve. Return to the pan off the heat and pour in the **dressing** for the **noodles**. Sprinkle over **half the sesame seeds**. Toss to combine.



3 TOFU TIME

- Add the **coleslaw mix** and **half the coriander** to the **dressing**. Season with **salt** and **pepper**, toss to combine. Set to one side.
- Pat the **tofu** dry with some kitchen paper. Sprinkle the **flour** onto a large plate. Lay the **tofu** slices on top and turn to coat in the **flour**. Make sure the **tofu** is evenly coated on both sides!



6 SERVICE

- Sprinkle the remaining **sesame seeds** all over the **tofu**. Serve the **noodles** onto plates and pop the **tofu** (and all the **BBQ sauce!**) on top.
- Pop the **coleslaw** on the side. Sprinkle over the remaining **coriander**.

Tuck In!

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Garlic Clove *	1	1½	2
Lime *	½	1	1
Tofu 11) *	1 block	1½ blocks	2 blocks
Coriander *	1 bunch	1 bunch	1 bunch
Easy Ginger	½ sachet	¾ sachet	1 sachet
Olive Oil*	1	1½	2
Sugar for the noodles*	1	1½	2
Soy Sauce 11) 13)	2 sachet	3 sachet	4 sachet
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Coleslaw Mix *	1 bag	1½ bags	2 bags
Plain Flour 13)	8g	12g	16g
BBQ Sauce 13)	1 sachet	1½ sachets	2 sachets
Sriracha	1 sachet	1½ sachets	2 sachets
Egg Noodle Nest 8) 13)	2	3	4
Sesame Seeds 3)	1 pot	1 pot	1 pot

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 362G	PER 100G
Energy (kJ/kcal)	2307 / 552	638 / 153
Fat (g)	18	5
Sat. Fat (g)	3	1
Carbohydrate (g)	67	19
Sugars (g)	11	3
Protein (g)	30	8
Salt (g)	6.59	1.82

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

3) Sesame 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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