



## Vegetarian Mapo Tofu

with Udon Noodles



20-30min



2 Portions

A traditional Sichuan dish, mapo tofu usually has pork mince cooked with the tofu, so we know our vegetarian friends will really love us for this meat-free version. It still has that authentic flavour and great classic taste, so grab your chopsticks and dig in.



## What we send

- ginger, coriander, 2 garlic cloves, 1 spring onion
- udon noodles <sup>1</sup>
- broccoli
- Paste, Chilli Bean Sauce (Toban Djan), Vegetarian, 40g
- green beans
- silken firm tofu <sup>6</sup>

## What you'll require

- Australian honey
- sea salt flakes
- soy sauce <sup>6</sup>
- vegetable oil

## Utensils

- Colander
- medium frypan
- wok or deep frying pan
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Soy (6). May contain traces of other allergens.

## Nutrition per serving

Energy 630.0kcal, Fat 22.0g, Proteins 36.0g, Carbs 66.8g



### 1. Make sauce

Combine the **chilli bean paste**, 1 tbs **soy sauce** and 2 tsp **honey** in a bowl and stir in 2 tbs water. Bring a medium saucepan of lightly salted water to the boil for the noodles.



### 2. Prepare ingredients

Peel and shred the **ginger**. Slice the **garlic**. Cut the **white part of the spring onion** into 3cm lengths. Very thinly shred the green parts. Drain the **tofu** and cut into 2cm cubes. Trim and halve the **beans**. Cut **broccoli** florets in half if large and slice the stalk.



### 3. Start cooking

Heat 2 tbs **oil** in a wok or deep frypan over medium-high heat. Stir-fry the **ginger** and **garlic** for 30 secs or until fragrant. Add the **beans** and **broccoli** and stir-fry for 3 mins, adding 2-3 tbs water to the wok to help the vegetables steam.



### 4. Cook noodles

Meanwhile, cook 2 bundles of **noodles** (reserve remaining for another use) in the pan of boiling water for 8 mins or until al dente. Drain.



### 5. Add sauce

Stir the **sauce mixture** through the **vegetables** and cook for a further 1-2 mins until vegetables are tender, gently stir in the **tofu** to warm.



### 6. Get ready to serve

Add the **white part of spring onion** and remove from the heat. Pick the **coriander** leaves. Divide the **noodles** between bowls and spoon over the **tofu** and all the sauce. Scatter over the **shredded spring onion** and coriander to serve.