

MARLEY SPOON



Japanese Katsu Tofu

with Ramen Noodle Salad



20-30min



4 Portions

You'll love our vegetarian take on this Japanese comfort food favourite. Here, creamy silken tofu is coated in light, crunchy panko breadcrumbs, while chilled ramen noodles loaded with fresh vegetables replaces plain white rice. To top it off? A generous drizzle of signature sweet barbecue tonkatsu sauce, of course.

What we send

- silken firm tofu ⁶
- snow peas
- Lebanese cucumber, carrot, ginger
- tonkatsu sauce ⁶
- panko breadcrumbs ¹
- sesame oil ¹¹
- dry ramen noodles ¹

What you'll require

- egg ³
- soy sauce ⁶
- vegetable oil
- white vinegar

Utensils

- frypan
- saucepan
- paper towel

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Egg (3), Soy (6), Sesame (11).
May contain traces of other allergens.

Nutrition per serving

Energy 795kcal, Fat 30.1g, Carbs 90.1g,
Proteins 36.1g



1. Prepare ingredients

Open the **tofu** according to the packet instructions. Drain and set aside on paper towel for 5 mins to soak up excess moisture. Trim the stems from the **snow peas**, removing the string from one side. Shred the **carrots** with a julienne peeler or box grater. Halve the **cucumber** lengthwise, then thinly slice.



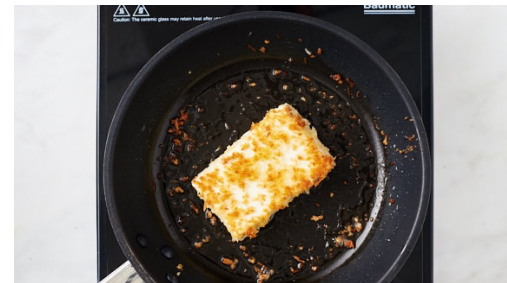
4. Cook noodles

Cook **4 bundles of the noodles** (reserve remainder for another use) in the saucepan of boiling water for 3-4 mins. Add the **snow peas** and cook for a further 1 min or until the noodles and snow peas are tender. Drain and rinse under cold water, then drain again.



2. Crumb tofu

Bring a large saucepan of water to the boil for the noodles. Cut each **tofu** in half horizontally to form 4 tofu steaks in total. Lightly beat **1 egg** in a shallow dish. Put the **breadcrumbs** in a separate shallow dish. Carefully dip the tofu in the egg, allowing excess to drip off, then coat in the breadcrumbs.



5. Cook tofu

Heat **2 tbs vegetable oil** in a large frypan over medium heat. Cook the **crumbed tofu** for 3-4 mins each side until golden, taking care when turning. Drain on paper towel.



3. Make dressing

Peel and finely grate the **ginger**. Combine the ginger, **sesame oil**, **2 tbs white vinegar**, **1 tbs honey** and **2 tsp soy sauce** in a small bowl.



6. Get ready to serve

Put the **noodles**, **snow peas**, **carrot**, **cucumber** and **dressing** in a large bowl, toss to combine and divide among bowls. Top with the **crumbed tofu**, then drizzle over the **tonkatsu sauce** to serve.