

MARLEY SPOON



Salt and Pepper Tofu

with Vegetable Noodle Stir-Fry

 20min  2 Portions

Celebrate Chinese New Year with these delectable vegetarian noodles. Here, generous pieces of silken tofu are coated in a fragrant blend of salt and white pepper and pan-fried until golden, while teriyaki sauce is stir-fried with soft Ayam vermicelli noodles and market-fresh veg. A drizzle of soy sauce and smattering of spring onion tie it all together.



What we send

- vermicelli noodles
- black sesame seeds ¹¹
- ground white pepper
- teriyaki sauce ^{1,6,17}
- snow peas
- pak choy
- carrot, red capsicum, spring onion
- silken firm tofu ⁶
- potato starch ¹⁷

What you'll require

- boiling water
- pepper
- sea salt flakes
- soy sauce ⁶
- vegetable oil

Utensils

- medium frypan
- paper towel

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

Allergens

Gluten (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 790kcal, Fat 31.8g, Carbs 95.7g, Proteins 23.6g



1. Drain tofu

Carefully open the **tofu** following the packet instructions and drain on paper towel, pressing firmly to remove excess liquid. Cut the tofu in half horizontally, then in half crosswise to form 4 rectangle pieces. Set aside on paper towel.



2. Prepare vegetables

Peel and halve the **carrot** lengthwise, then thinly slice on an angle. Thinly slice the **capsicum**, discarding the seeds and membrane. Trim the **snow peas** and remove the string from one side, then cut in half. Trim and separate the **pak choy** leaves, then cut the stalks from the leaves and coarsely chop. Thinly slice the **spring onion**.



3. Make seasoned flour

Put **half the potato starch** (reserve remainder for another use) on a plate and season with the **white pepper**, **½ tsp salt** and plenty of **cracked black pepper**.



4. Soak noodles

Put **half the noodles** (reserve remainder for another use) in a large heatproof bowl and cover with boiling water. Stand for 5 mins or until softened. Drain, then rinse under warm water to prevent the noodles sticking together. Using scissors, cut the noodles into shorter lengths.



5. Stir-fry vegetables

Heat **2 tsp vegetable oil** in a wok or large deep frypan over high heat. Add the **carrot, capsicum** and **pak choy stems** and stir-fry for 1-2 mins. Add the **teriyaki sauce, pak choy leaves, snow peas** and **1 tsp black sesame seeds** (reserve remainder for another use) and stir-fry for 1-2 mins until the vegetables are tender.



6. Cook the tofu

Heat **1 tbs vegetable oil** in a medium frypan over medium heat. Heavily coat **tofu** in the **seasoned flour**, shaking off excess. Cook for 3 mins each side or until golden. Add the **noodles** to the **stir-fried vegetables** and toss to combine. Divide the noodles, vegetables and tofu among bowls. Scatter over the **spring onion** and drizzle the tofu with **soy sauce** to serve.