

# MARLEY SPOON



## Salt and Pepper Tofu

with Vegetable Noodle Stir-Fry



20-30min



4 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

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

## What you'll require

- black peppercorns
- boiling water
- sea salt and pepper
- soy sauce <sup>6</sup>
- vegetable oil

## Utensils

- medium frypan
- paper towel
- sieve

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 685kcal, Fat 27.8g, Carbs 81.2g, Proteins 22.5g



### 1. Drain tofu

Carefully open the **tofu** following the packet instructions and drain on paper towel, pressing firmly to remove excess liquid. Cut each tofu block in half horizontally, then in half crosswise to form 8 rectangle pieces in total. Set aside on paper towel.



### 2. Prepare vegetables

Peel and halve the **carrots** 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 onions**.



### 3. Make seasoned flour

Put the **potato starch** on a plate and season with the **white pepper**, **1 tsp salt** and plenty of **cracked black pepper**.



### 4. Soak noodles

Put the **noodles** 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 **1 tbs 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 **2 tsp black sesame seeds** and stir-fry for 1-2 mins until the vegetables are tender.



### 6. Cook the tofu

Heat **2 tbs vegetable oil** in a large 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.