

Teriyaki Tofu

with Sesame Udon Noodles



20-30min



2 Portions

By grilling tofu in teriyaki sauce, in less than 10 minutes you end up with warm, soft tofu steaks in a sticky, sweet glaze. We've paired these tempting flavours with stir-fried pak choy and zucchini, crispy fried shallots and noodles spiked with sesame oil for an irresistible vegetarian Japanese meal.

What we send

- udon noodles ¹
- coriander, garlic, ginger
- teriyaki sauce ^{1,6,17}
- pak choy
- silken firm tofu ⁶
- zucchini
- sesame oil ¹¹
- fried shallots ¹

What you'll require

- soy sauce ⁶
- vegetable oil

Utensils

- medium saucepan
- oven tray
- 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 755kcal, Fat 30.4g, Carbs 75.5g, Proteins 40.6g



1. Marinate tofu

Remove the **tofu** according to the packet instructions, then drain on paper towel for 5 mins. Cut the tofu in half horizontally, then crossways to make 4 thinner pieces. Put the tofu in a grill-proof dish that the tofu fits quite snugly in. Pour over the **teriyaki sauce** and set aside to marinate for at least 10 mins.



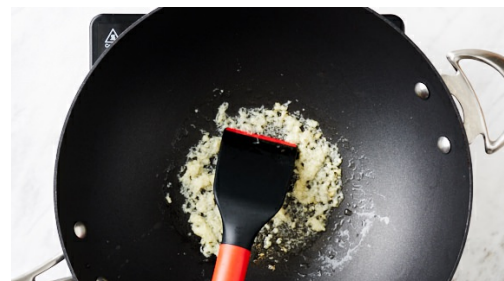
4. Grill tofu

While the noodles are cooking, heat the grill to high. Cook the **tofu** under the grill for 6-8 mins until warmed through.



2. Prepare vegetables

Meanwhile, bring a medium saucepan of water to the boil for the noodles. Trim the **pak choy**, then thinly slice the stems and coarsely shred the leaves, keeping them separate. Peel and finely grate the **ginger**. Crush or finely chop the **garlic**. Halve the **zucchini** lengthwise, then cut into 5mm-thick pieces. Coarsely chop the **coriander**, including the stems.



5. Cook aromatics

Meanwhile, heat **1 tbs vegetable oil** in a wok or deep frypan over medium heat. Stir-fry the **garlic** and **ginger** for 1 min or until fragrant.



3. Cook noodles

Cook **2 bundles of the noodles** (reserve remainder for another use) in the saucepan of boiling water for 5-6 mins until tender, then drain. Return the noodles to the pan, drizzle over **half the sesame oil** and toss gently to combine. Keep warm.



6. Get ready to serve

Increase the heat to high. Add the **zucchini** and **pak choy stems** and stir-fry for 2 mins. Add the **pak choy leaves** and **2 tsp soy sauce** and stir-fry for 1-2 mins until leaves are wilted. Divide the **sesame noodles, stir-fried vegetables** and **teriyaki tofu** among bowls. Drizzle over the **remaining sesame oil**. Scatter over the **coriander** and **fried shallots** to serve.