



Warm Tofu Noodle Salad

with Peanuts and Pad Prik Dressing



20-30min



2 Portions

Thailand boasts a vast repertoire of vegetarian noodle dishes and these were the inspiration here. A colourful, crunchy bowlful that not only looks great, this is healthy too. It's got crisp slices of cucumber, just-cooked carrot ribbons, a smattering of nuts and pillows of softest tofu. The dressing, spiked with lime juice and red curry, is next-level delicious.

What we send

- vermicelli bean noodles
- red curry paste ⁶
- silken firm tofu ⁶
- roasted peanuts ⁵
- carrot
- coriander
- lime
- Lebanese cucumber
- sesame oil ¹¹

What you'll require

- plain flour ¹
- sea salt and pepper
- soy sauce ⁶
- sugar
- vegetable oil
- water

Utensils

- medium frypan
- paper towel

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

Cooking tip

If you prefer less heat, add curry paste to taste. The remaining curry paste won't be used in this dish.

Allergens

Gluten (1), Peanuts (5), Soy (6), Sesame (11). May contain traces of other allergens.

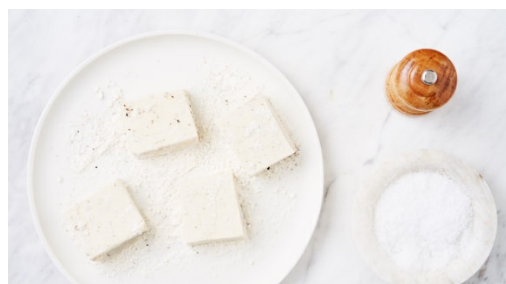
Nutrition per serving

Energy 650kcal, Fat 35.3g, Carbs 51.2g, Proteins 26.0g



1. Soak noodles

Carefully remove the **tofu** according to the packet instructions and drain on paper towel. Put the **noodles** in a large heatproof bowl, cover with boiling water and stand for 5 mins or until transparent. Drain in a colander, then cut into shorter lengths with scissors.



4. Cook tofu

Halve the **tofu** lengthwise, then halve widthwise. Put **1 tbs flour** on a plate and season with **salt and pepper**. Add the tofu and scatter over to coat. Heat **1 tbs vegetable oil** in the reserved pan over medium-high heat. Cook the tofu for 3-5 mins each side until golden. Remove from the heat.



2. Prepare vegetables

Meanwhile, peel the **carrot** and cut into long strips with a vegetable peeler. Halve the **cucumber** lengthwise, then thinly slice on an angle. Coarsely chop the **coriander**, including the stems.



5. Make dressing

Meanwhile, finely grate the **lime** zest, then juice. Put the lime zest and juice, **sesame oil**, **3 tsp of the red curry paste** (see cooking tip), **1 tsp sugar**, **1 tbs soy sauce** and **1½ tbs water** in a large bowl and stir to combine. Coarsely chop the **peanuts**.



3. Cook carrots

Heat **2 tsp vegetable oil** in a medium frypan over medium heat. Cook the **carrot**, tossing the pan, for 2-3 mins until just softened. Remove from the pan and reserve the pan.



6. Get ready to serve

Add the **noodles, carrot, cucumber, peanuts** and **half the coriander** to the dressing and toss to combine. Divide the **noodle salad** and **tofu** among bowls. Scatter over the **remaining coriander** to serve.