



Aromatic Garden Stew

with Noodles, Tofu and Fried Shallot



20-30min



2 Portions

A fast and healthy alternative to the midweek stir-fry. Make a quick aromatic soy stock, pop in the vegetables and finish with fresh herbs in minutes. This speedy method ensures the vegetables are crunchy and retain max nutritional value. Incredibly healthy, incredibly tasty.

What we send

- snow peas
- rice noodles
- coriander, chilli long red, garlic
- baby spinach leaves
- onion
- vegetable stock cube
- carrots
- cornflour ¹⁷
- tofu ⁶
- fried shallots ¹

What you'll require

- boiling water
- soy sauce ⁶
- sugar
- vegetable oil

Utensils

- medium saucepan
- paper towel
- small saucepan

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

Cooking tip

If not everyone likes chilli, omit the chilli, or add less to suit your taste. Alternatively, serve the chopped chilli at the table for those who like it.

Allergens

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

Nutrition per serving

Energy 470kcal, Fat 15.9g, Carbs 54.7g, Proteins 19.2g



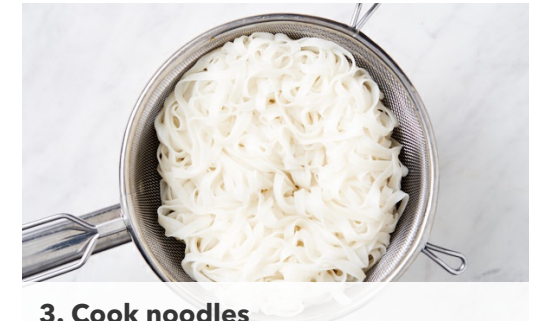
1. Make stock

Bring a small saucepan of water to the boil for the noodles. Crumble **1 of the stock cubes** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **250ml (1 cup) boiling water** and stir to combine. Add **1 tbs soy sauce, 1 tsp sugar** and stir to combine.



2. Prepare vegetables

Thinly slice the **onion**. Crush or finely chop the **garlic**. Thinly slice the **chilli**, discarding the seeds. Peel and quarter the **carrots** lengthwise, then thinly slice. Trim the **snow peas**. Finely shred the **baby spinach leaves**. Coarsely chop the **coriander** leaves and stems.



3. Cook noodles

Cook **half the noodles** (the remaining noodles won't be used in this recipe) in the pan of boiling water for 6-8 mins until tender. Drain.



4. Prepare tofu

Carefully remove the **tofu**, according to the packet instructions and drain on paper towel. Cut half the tofu (the remaining tofu won't be used in this dish) into 1.5cm cubes and set aside on paper towel.



5. Start cooking

Combine **2 tsp cornflour** (the remaining cornflour won't be used in this dish) with **1 tbs water**. Heat **1 tbs vegetable oil** in a medium saucepan over medium heat. Cook the **onion, garlic** and **chilli** (see cooking tip) for 5 mins, stirring, until softened. Add the **stock mixture** and bring to the boil.



6. Get ready to serve

Add the **carrots** and cook for 3 mins. Add **snow peas** and cook for 2 mins. Stir in **shredded spinach, half the coriander** and the **cornflour mixture**. Bring to a simmer, remove from heat. Add the **tofu** and gently fold through to heat. Rinse the **noodles** under hot water. Divide **noodles** and **stew** among bowl and scatter over the **fried shallots** and __remaining coriand...