



Aromatic Garden Stew with Noodles, Tofu and Fried Shallot

 20-30min  4 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

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

What you'll require

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

Utensils

- large saucepan
- medium saucepan
- paper towel

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

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

Nutrition per serving

Energy 510kcal, Fat 16.0g, Carbs 63.8g, Proteins 19.9g



1. Make stock

Bring a medium saucepan of water to the boil for the noodles. Crumble **the stock cubes** into a heatproof jug, add **500ml (2 cup) boiling water** and stir to combine. Add **2 tbs soy sauce, 2 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 the **noodles** 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 the tofu into 1.5cm cubes and set aside on paper towel.



5. Start cooking

Combine **1 tbs cornflour** with **2 tbs water**. Heat **2 tbs vegetable oil** in a large 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 coriande...