

DINNERLY



 HEALTHY

Sticky Tofu Noodle Bowls

with Snow Peas



20-30 minutes



2 Servings

Devour a bowl of slippery silken noodles, made delicious with a sesame and soy dressing that can literally be thrown together in a minute.

WHAT WE SEND

- 1 packet firm tofu ⁶
- 1 carrot
- 2 tbs hoisin sauce ^{1,6,11}
- 150g red cabbage
- 2 tsp sesame oil ¹¹
- 100g snow peas
- 1 packet vermicelli noodles

WHAT YOU NEED

- soy sauce ⁶
- sugar
- white vinegar

TOOLS

- 1.5L (6 cup) baking dish
- paper towel
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

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

NUTRITION PER SERVING

Energy 525kcal, Fat 17.7g, Carbs 56.8g, Proteins 26.3g



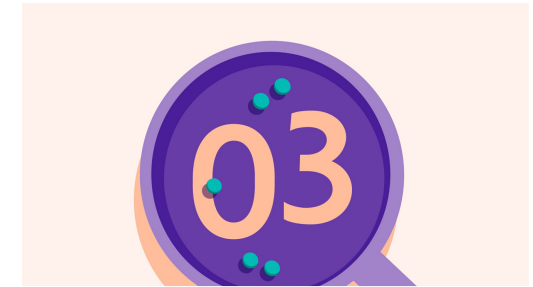
1. Soften noodles

Preheat the grill to medium. Put the **noodles** in a large bowl, cover with boiling water and stand for 5 mins or until tender. Drain well and set aside.



2. Grill tofu

Meanwhile, carefully remove the **tofu** according to the packet instructions and drain on paper towel. Cut the tofu into 4 thick slices, put in a shallow baking dish and pour over the **hoisin sauce**. Grill for 5-7 mins until browned and sticky.



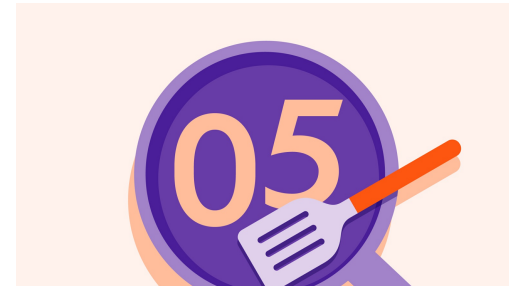
3. Prep veggies

While the tofu is grilling, peel the **carrot** and shred with a julienne peeler or grate with a box grater. Trim the stems from the **snow peas**, removing the string from one side, then thinly slice lengthwise. Thinly shred the **cabbage**.



4. Make dressing

Put 2 **tsp sesame oil**, 1 **tsp sugar**, 2 **tsp soy sauce** and 1 **tbs white vinegar** in a large bowl and stir to combine.



5. Serve up

Add the **noodles**, **carrot**, **snow peas** and **cabbage** to the **dressing** and toss well to combine. Divide the **noodle mixture** among bowls and top with the **sticky tofu** to serve.



6. Make it yours

Grab a few lime wedges and squeeze over the noodles for an extra burst of freshness.