



**FAST**

## Tofu Noodle Stir-Fry

with Miso and Ginger



20-30min



2 Portions

Packing a massive savoury punch, this vego noodle bowl will be a household hit, carnivores included. The secret here is to cook the noodles and stir-fry simultaneously, throwing the noodles into the sauce the moment they're done, avoiding the dreaded 'clump' and coating them with luscious umami miso sauce.

## What we send

- honey soy tofu <sup>1,6,11</sup>
- pak choy
- green beans
- ginger
- miso paste <sup>6</sup>
- sesame oil <sup>11</sup>
- white sesame seeds <sup>11</sup>
- egg noodles <sup>1,3</sup>
- coriander

## What you'll require

- honey
- neutral-flavoured oil
- soy sauce <sup>6</sup>
- water

## Utensils

- fine grater
- large deep frypan
- medium saucepan

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

### Cooking tip

Remove ginger skin easily with a teaspoon - simply scrape and lift off.

### Allergens

Gluten (1), Egg (3), Soy (6), Sesame (11).  
May contain traces of other allergens.

### Nutrition per serving

Energy 620kcal, Fat 22.6g, Carbs 66.0g,  
Proteins 33.5g



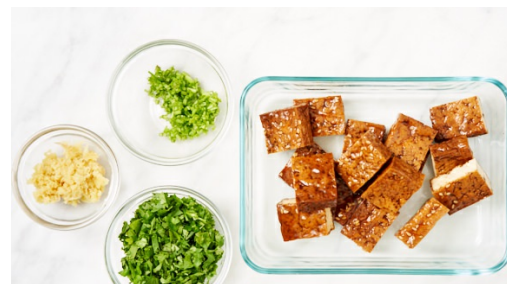
### 1. Prepare vegetables

Bring a medium saucepan of water to boil for the noodles. Trim the **pak choy** and coarsely chop. Trim the **beans**, then halve on an angle.



### 4. Start stir-fry

Meanwhile, heat **2 tsp oil** and **1 tsp sesame oil** in a large deep frypan over high heat. Add the **beans** and **tofu** and stir-fry for 2 mins. Add the **ginger**, **coriander stems** and **pak choy** and stir-fry for 1 min or until fragrant.



### 2. Prepare ingredients

Cut **tofu** into 3cm chunks. Peel and finely grate the **ginger** (see cooking tip). Finely chop the **coriander**, keeping the stems and leaves separate.



### 5. Cook noodles

Meanwhile, cook **two-thirds of the noodles** (the remaining noodles won't be used in this dish) in the pan of boiling water for 4 mins. Drain.



### 3. Make sauce

Combine the **miso paste**, **1 tsp sesame oil**, **1 tbs soy sauce**, **1 tsp honey** and **2 tbs water** in a bowl and whisk until smooth.



### 6. Get ready to serve

Add the **noodles** and **sauce** to the **stir-fry** and cook, tossing, for 1-2 mins until well combined and heated through. Divide the **stir-fry** among bowls. Scatter with the **sesame seeds** and **coriander leaves** to serve.