

# DINNERLY



⚡ FAST

## Sticky Baked Tofu

Vegetable Noodle Stir-Fry



20-30 minutes



2 Servings

Impress with silken tofu in a warm sticky Asian glaze with an organic seaweed noodle and veggie stir-fry. Shhh... don't tell them its a cinch to make.

## WHAT WE SEND

- 1 onion
- 297g silken firm tofu <sup>6</sup>
- 270g udon noodles <sup>1</sup>
- 2 carrots
- 100g snow peas
- 5g toasted sesame seeds <sup>11</sup>

## WHAT YOU NEED

- garlic clove
- Australian honey
- soy sauce <sup>6</sup>
- vegetable oil

## TOOLS

- baking paper
- colander
- large frypan
- medium saucepan
- oven tray
- paper towel

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 690kcal, Fat 22.8g, Carbs 82.8g, Proteins 30.4g



### 1. Prep veggies

Preheat the oven to 200C. Line an oven tray with baking paper. Bring a medium saucepan of water to the boil for the noodles. Thinly slice **1 garlic clove**. Thinly slice the **onion**. Peel **carrots**, halve lengthwise, then thinly slice. Trim the stems from the **snow peas**, removing the strings from one side, then thinly slice lengthwise.



### 2. Bake tofu

Carefully remove the **tofu** according to the packet instructions and drain on paper towel. Halve widthwise into 2 equal portions and put on the lined tray. Combine the **garlic**, **half the sesame seeds**, **1½ tbs soy sauce** and **2 tsp honey** in a bowl, then spoon over the tofu. Bake for 10-12 mins until the tofu is warmed through and glazed.



### 3. Stir-fry veggies

Meanwhile, heat **1 tbs vegetable oil** in a large frypan over high heat. Stir-fry the **onion** and **carrot** for 2-3 mins. Add the **snow peas** and stir-fry for a further 1-2 mins until the vegetables are just tender. Remove the pan from the heat.



### 4. 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 3 mins (see Kitchen 101). Drain.



### 5. Serve up

Stir **1 tbs soy sauce** into the **vegetables**. Divide the **noodles** among bowls and top with the **vegetables** and **baked tofu**. Pour over **any tray juices**, sprinkle with the **remaining sesame seeds** and enjoy.



### 6. Kitchen 101

To avoid the dreaded noodle 'clumping', cook the noodles at the same time as the stir-fry, then serve up as soon as they're done.