

DINNERLY

Black Noodle Stir-Fry with Honey-Soy Tofu and Ginger



20-30 minutes



2 Servings

WHAT WE SEND

- 270g ramen noodles ¹
- 150g green beans
- ginger
- 1 capsicum
- 5g Chinese five-spice ^{1,6,17}
- 200g honey soy tofu ^{1,6,11}

WHAT YOU NEED

- garlic clove
- Australian honey
- soy sauce ⁶
- vegetable oil

TOOLS

- colander
- fine grater
- large frypan
- medium saucepan

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

ALLERGENS

Gluten (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 595kcal, Fat 20.4g, Carbs 67.8g, Proteins 30.5g



1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Crush or finely chop **2 garlic cloves**. Trim the **beans**, then cut in half on an angle. Finely grate the **ginger**. Thinly slice the **capsicum**, discarding the seeds and membrane. Cut the **tofu** into 2cm chunks.



2. Cook noodles

Cook **half the noodles** (the remaining noodles won't be used in this dish) in the pan of boiling water for 3-4 mins until tender. Drain, then rinse under cold running water to prevent the noodles sticking. Return the noodles to the pan with **1 tsp vegetable oil**, season with **salt and pepper** and toss to combine. Set aside.



3. Make stir-fry sauce

Put **1 tsp five spice** (the remaining five spice won't be used in this dish), **1½ tbs soy sauce**, **2 tsp honey** and **1 tbs barbecue sauce** in a small bowl and stir to combine. Season with **salt and pepper**.



4. Stir-fry veggies

Heat **3 tsp vegetable oil** in a large frypan over medium-high heat. Stir-fry the **garlic, ginger, tofu, beans** and **capsicum** for 2-3 mins until the tofu is starting to brown.







5. Combine and serve up

Add the **sauce** and **60ml (¼ cup) water** and stir-fry for a further 2-3 mins until thickened slightly. Add the **noodles** and stir-fry for 30 secs or until warmed through. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **stir-fry** among bowls and enjoy.



6. Make it yours

Add some zing and extra freshness to your noodles with a generous squeeze of lime and a handful of fresh coriander leaves.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 **Packed in Australia**
from at least **60%**
Australian ingredients