

DINNERLY



⚡ FAST

🍏 HEALTHY

Korean Noodle Bowl with Chilli Tofu



20-30 minutes



4 Servings

Spice up your night with a big bowl of noodles. Ramen are the perfect foil for this stir-fry of carrot, zucchini and tofu, all tossed in a hot 'n' spicy Korean chilli paste.

WHAT WE SEND

- 1
- 1,6,11
- 1,6
- 11

WHAT YOU NEED

- 2 eggs³
- Australian honey
- soy sauce⁶
- vegetable oil
- white vinegar

TOOLS

- baking paper
- julienne peeler or box grater
- large deep frypan
- large saucepan
- medium saucepan
- oven tray

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

COOKING TIP

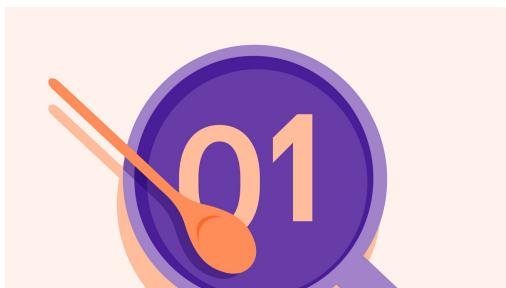
We've substituted white sesame seeds for the black and white sesame seeds pictured due to availability. Don't worry, your dish will be just as delicious. Happy eating!

ALLERGENS

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

NUTRITION PER SERVING

Energy 550kcal, Fat 19.1g, Carbs 57.5g, Proteins 25.3g



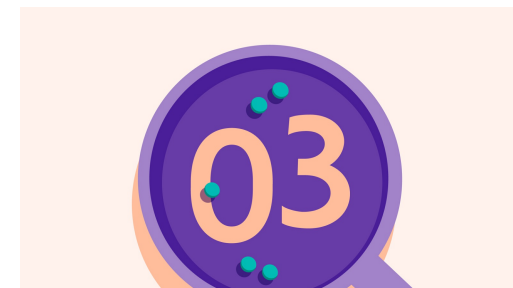
1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Bring a medium saucepan of water to the boil for the eggs. Peel the **carrots**, then shred the carrot and **zucchini** with a julienne peeler or grate with a box grater. Thinly slice **3 garlic cloves**. Combine **2 tbs soy sauce, 1 tbs white vinegar** and **2 tsp honey** in a small bowl.



2. Bake chilli tofu

Cut the **tofu** pieces in half diagonally, to form triangles. Put the **Korean chilli paste** (see Make It Yours) and **2 tsp water** in a bowl and stir to combine. Add the tofu and toss to coat, then put on the lined tray and bake for 10 mins or until browned and hot.



3. Soft-boil eggs

Meanwhile, bring a large saucepan of water to the boil for the noodles. Cook **4 eggs** in the medium saucepan of boiling water for 6 mins for soft-boiled. Drain, then cool in cold water. Peel and halve the eggs.



4. Cook noodles

Cook the **noodles** in the saucepan of boiling water for 3-4 mins until tender. Drain, then rinse under cold water to prevent the noodles from sticking.







5. Serve up

Meanwhile, heat **2 tbs vegetable oil** in a large deep frypan over medium-high heat. Stir-fry the **carrot, zucchini** and **garlic** for 2 mins or until almost tender. Add the **noodles** and **sauce** and stir-fry for a further 1 min or until well coated. Divide the **stir-fry** among bowls. Top with the **chilli tofu** and **egg**, scatter with **sesame seeds** (see cooking tip) and enjoy.



6. Make it yours

Korean chilli paste, known as gochujang, has a spicy kick. If you prefer, reduce the amount to suit your own taste, or cool things down by serving with steamed Asian greens on the side.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 Packed in Australia
from at least 70%
Australian ingredients