

# DINNERLY



⚡ FAST

🍏 HEALTHY

## Spicy Tofu and Asian Slaw with Noodles



20-30 minutes



2 Servings

Dig into fresh flavours with this vibrant bowl of cabbage slaw tossed with slippery glass noodles. Top with golden tofu, then drizzle with a sweet and sour sambal dressing for a chilli punch.



## WHAT WE SEND

- 1,5,6

## WHAT YOU NEED

- Australian honey
- soy sauce<sup>6</sup>
- vegetable oil
- white vinegar

## TOOLS

- julienne peeler or box grater
- medium frypan
- medium saucepan
- sieve

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

## ALLERGENS

Gluten (1), Peanuts (5), Soy (6). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 475kcal, Fat 16.8g, Carbs 60.0g, Proteins 15.6g



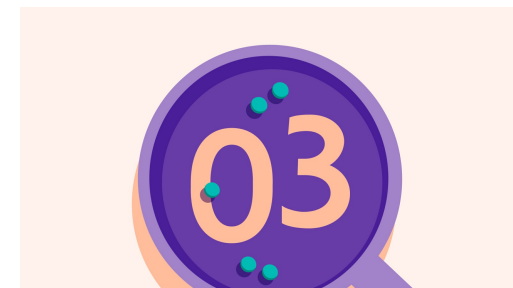
### 1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Thinly shred the **cabbage**. Peel the **carrot**, then shred or coarsely with a julienne peeler or box grater. Roughly chop the **mint** leaves, discarding the stems.



### 2. Cook noodles

Cook the **noodles** in the pan of boiling water for 8 mins or until tender. Drain, then rinse under cold water to prevent the noodles from sticking.



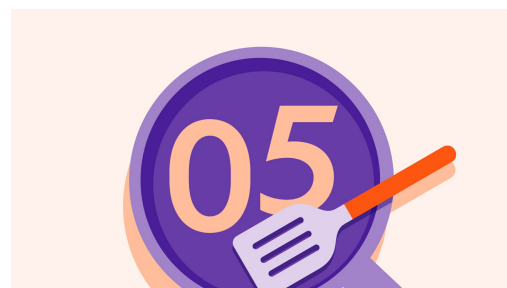
### 3. Make dressing

Meanwhile, put the **sambal oelek**, **2 tbs soy sauce**, **1½ tbs white vinegar**, **3 tsp honey** and **2 tsp vegetable oil** in a bowl. Season with **pepper** and whisk to combine.



### 4. Warm tofu

Heat **2 tsp vegetable oil** in a medium frypan over medium-high heat. Cook the **tofu** for 1-2 mins each side until golden and warmed through. Remove the pan from the heat.



### 5. Assemble and serve up

Put the **cabbage**, **carrot**, **noodles**, **half the mint** and **half the dressing** in a large bowl and toss to combine. Divide the **salad** among bowls and top with the **tofu**. Drizzle with the **remaining dressing**, scatter with the **remaining mint** and enjoy!



### 6. Make it yours

For extra veggie freshness, add sliced cucumber and bean sprouts to the slaw, or take your protein to the next level by adding soft-boiled eggs.