

DINNERLY



⚡ FAST

🍏 HEALTHY

Spicy Tofu and Asian Slaw with Noodles



20-30 minutes



4 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 sauce⁶
- vegetable oil
- white vinegar

TOOLS

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

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



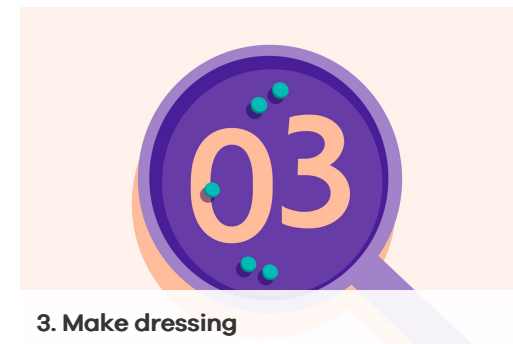
1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Thinly shred the **cabbage**. Peel the **carrots**, 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.



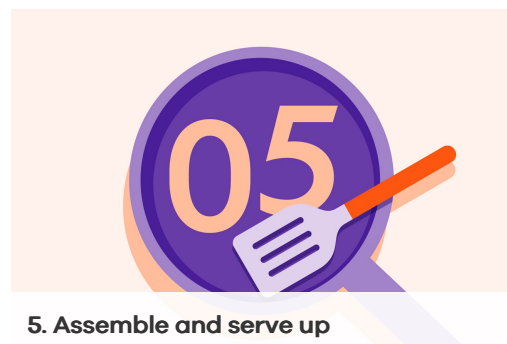
3. Make dressing

Meanwhile, put the **sambal oelek**, 80ml (1/2 cup) **soy sauce**, 60ml (1/4 cup) **white vinegar**, 1 1/2 **tbs honey** and 1 **tbs vegetable oil** in a bowl. Season with **pepper** and whisk to combine.



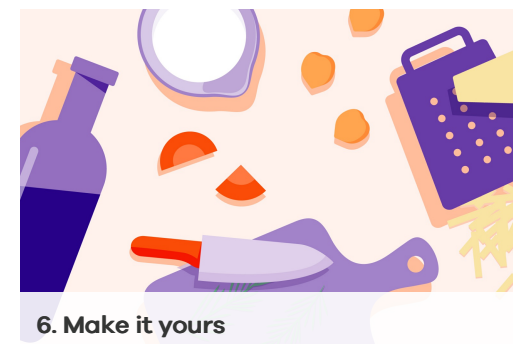
4. Warm tofu

Heat 1 **tbs vegetable oil** in a large 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.