

# DINNERLY



🔍 ONE PAN

⚡ FAST

🍏 HEALTHY

## Tofu and Vegetable Larb

with Rice Stick Noodles



20-30 minutes



2 Servings

Larb is a Thai salad usually made with minced chicken, lots of fresh herbs and lime. This veggie version uses tofu – great for soaking up the sauce – and is served with rice noodles.

## WHAT WE SEND

- 2 carrots
- 2 spring onions
- 200g peanut satay tofu <sup>1,5,6</sup>
- coriander
- 1 lime
- 375g rice noodles

## WHAT YOU NEED

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

## TOOLS

- box grater
- colander
- medium frypan

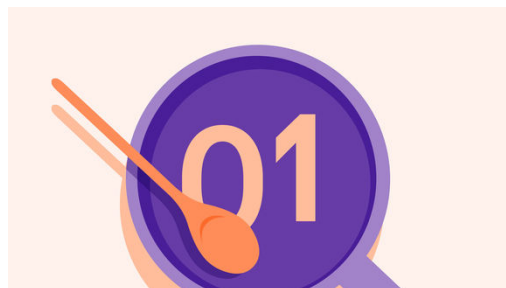
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

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

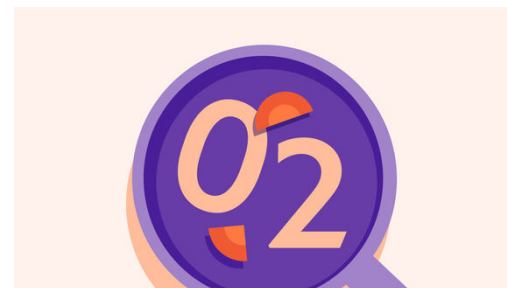
## NUTRITION PER SERVING

Energy 599kcal, Fat 17.9g, Carbs 82.0g, Proteins 20.8g



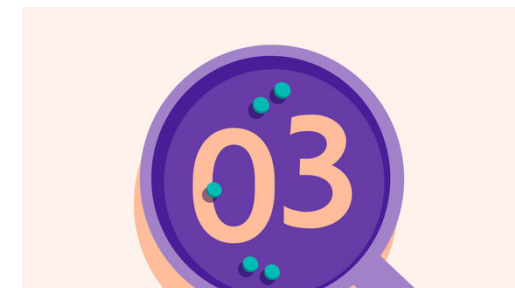
### 1. Prep ingredients

Peel and coarsely grate the **carrots**. Thinly slice the **spring onions**. Cut the **tofu** into 1cm chunks. Roughly chop the **coriander** leaves, discarding the stems. Crush or finely chop **2 garlic cloves**.



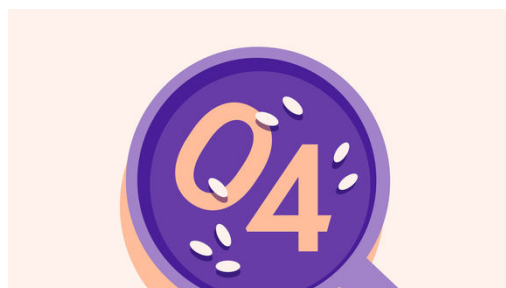
### 2. Make sauce

Finely grate the zest of **half the lime**, then juice the half (the remaining lime won't be used in this dish). Put the **lime juice**, **2 tbs soy sauce** and **1 tsp honey** in a bowl and whisk to combine.



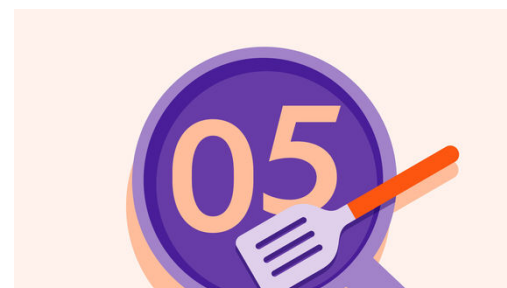
### 3. Soak noodles

Put **half the noodles** (the remaining noodles won't be used in this dish) in a heatproof bowl, cover with boiling water and stand for 10 mins or until tender. Drain and return to the bowl.



### 4. Stir-fry tofu

Meanwhile, heat **2 tsp vegetable oil** in a medium frypan over high heat. Stir-fry the **tofu** for 2-3 mins until golden. Remove from the pan.



### 5. Combine and serve up

Heat **2 tsp vegetable oil** in the pan over medium heat. Stir-fry **carrot, garlic, lime zest** and **half the spring onion** for 2-3 mins until softened. Add **tofu** and **sauce** and stir-fry for 1 min or until warmed through. Add the **tofu mixture** to the **noodles** and toss to combine. Divide the **larb** among bowls and scatter over **coriander** and **remaining spring onion**.



### 6. Make it yours

If you like a little chilli in your larb, seed and finely chop a large red or green chilli and add to the stir-fry along with the vegetables and garlic. Or scatter over dried chilli flakes.