

DINNERLY



🔍 ONE PAN

⚡ FAST

🍏 HEALTHY

Tofu and Vegetable Larb

with Rice Stick Noodles



20-30 minutes



4 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

- 4 carrots
- 3 spring onions
- 2 x 200g peanut satay tofu^{1,5,6}
- coriander WAS 30g
- 2 limes
- 375g rice noodles

WHAT YOU NEED

- garlic clove
- soy sauce⁶
- Australian honey
- vegetable oil

TOOLS

- box grater
- colander
- large frypan

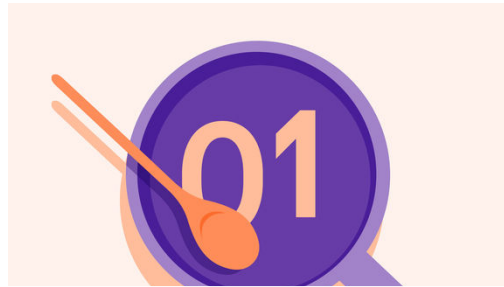
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

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

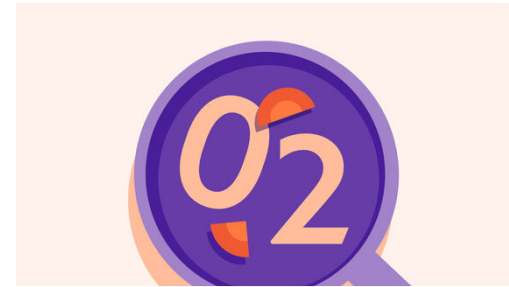
NUTRITION PER SERVING

Energy 595kcal, Fat 17.9g, Carbs 81.7g, Proteins 20.7g



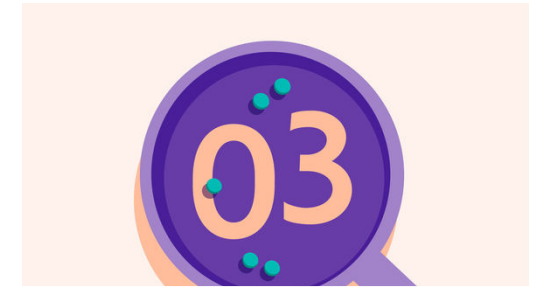
1. Prep ingredients

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 **3 garlic cloves**.



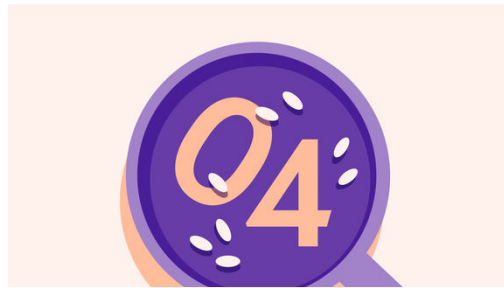
2. Make sauce

Finely grate the **lime zest**, then juice. Put the **lime juice**, **80ml (1/3 cup) soy sauce** and **2 tsp honey** in a bowl and whisk to combine.



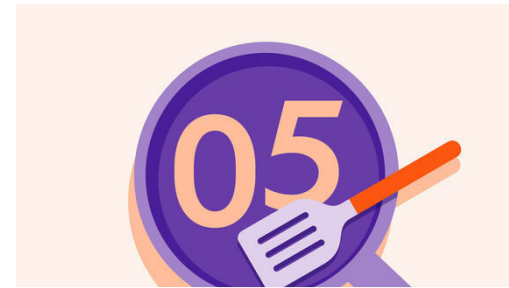
3. Soak noodles

Put the **noodles** 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 **1 tbs vegetable oil** in a large frypan over high heat. Stir-fry the **tofu** for 2-3 mins until golden. Remove from the pan.



5. Combine and serve up

Heat **1 tbs 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.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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