



FAST

HEALTHY

Wok-Fried Sesame Tofu

with Korean Noodles and Ginger



20-30min



2 Portions

Healthy...fast....AND it uses noodles. What more could you want from a recipe? These aren't just any old noodle either, they're Korean glass noodles, made using sweet potato starch and completely gluten free. Bouncy and a little chewy, they're a great foil for the classic Asian flavours here; soy sauce, ginger, sesame, tofu and black Chinese vinegar.

What we send

- 150g green beans
- ginger
- 1 bird's eye chilli
- 1 bunch pak choy, 1 spring onion
- 297g silken firm tofu ⁶
- 100g sweet potato noodles
- 1 tbs Chinese black vinegar
- 1 tbs sesame oil ¹¹
- 5g sesame seed blend ¹¹

What you'll require

- soy sauce ⁶
- honey

Utensils

- medium saucepan
- fine grater
- slotted spoon
- paper towel
- sieve
- large frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Omit chilli from the sauce and serve at the table if you have heat-adverse diners. ~Silken tofu is delicate so mix gently to retain larger chunks and prevent it from breaking down completely.

Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 505kcal, Fat 20.4g, Carbs 52.8g, Proteins 22.3g



1. Prepare vegetables

Read through the recipe. Bring a medium saucepan of water to the boil for the beans and noodles. Trim the **beans**. Peel and finely grate the **ginger**. Thinly slice the **chilli**, discarding the seeds if less heat is preferred. Trim and coarsely chop the **pak choy**. Trim and thinly slice the **spring onion**.



4. Make sauce

Meanwhile, combine the **ginger, chilli** (see cooking tip), **3 tsp black vinegar** (the remaining vinegar won't be used in this recipe), **2 tsp sesame oil**, **1 tbs soy sauce** and **2 tsp honey** in a bowl.



2. Cook beans

Cook the **beans** in the pan of boiling water for 2 mins. Using a slotted spoon, transfer the beans onto paper towel to drain. Reserve the pan of boiling water for the noodles. Meanwhile, carefully remove the **tofu**, according to the packet instructions, and drain on paper towel.



5. Blister beans

Heat the **remaining sesame oil** in a large frypan over high heat. Add the **beans** and cook, turning occasionally, for 2 mins or until starting to blister.



3. Cook noodles

Cook the **noodles** in the pan of boiling water for 6 mins or until just tender. Drain.



6. Get ready to serve

Add the **pak choy, tofu** and **sauce** to the beans. Cook, breaking the tofu up slightly with a wooden spoon, for 2 mins or until tofu is hot (see cooking tip). Add the **noodles** and gently stir until well combined and the noodles are heated through. Scatter over the **sesame seeds** and **spring onion** to serve.