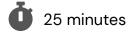




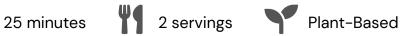
Crispy Tofu Stir-Fry

with Turmeric Noodles

Pan-fried crispy tofu flavoured with Chinese five-spice, served with stir-fried vegetables and turmeric noodles.







Spice it up!

Add some crushed garlic and chilli flakes when stir-frying the vegetables for added flavour. You could also bulk it up with extra vegetables like carrots, cauliflower or broccoli.

TOTAL FAT CARBOHYDRATES

40g

116g

FROM YOUR BOX

RICE NOODLES	1 packet
SPRING ONIONS	1 bunch
BABY WOMBOK CABBAGE	1
RED CAPSICUM	1
GINGER	1 piece
FIRM TOFU	1 packet
RAMEN MARINADE	1 sachet
FRIED SHALLOTS	1 packet (20g)

FROM YOUR PANTRY

oil for cooking (see notes), pepper, soy sauce, Chinese five-spice, cornflour, ground turmeric

KEY UTENSILS

large frypan or wok, saucepan

NOTES

We used sesame oil for extra flavour.

Remove any excess oil, or, if necessary, add a little extra before cooking the vegetables.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and 1 tsp turmeric to boiling water and cook according to packet instructions. Drain and rinse in cold water.



2. PREPARE THE VEGETABLES

Slice spring onions into 3cm pieces (reserve some green tops for garnish). Slice cabbage, and capsicum. Peel and grate ginger.



3. PREPARE THE TOFU

Press tofu in paper towel or a clean tea towel to remove excess water. Cut into cubes. Toss with 1 tbsp cornflour and 1 tsp Chinese five-spice.



4. FRY THE TOFU

Heat a large frypan/wok with **oil**. Add tofu and fry, turning for 3-5 minutes until golden. Remove from pan, keep pan over heat (see notes).



5. ADD THE VEGETABLES

Increase heat to high. Add vegetables and ginger to the pan and stir-fry for 3 minutes until just tender. Add noodles, marinade and 1 tbsp soy sauce. Toss until combined. Season to taste with extra soy sauce and pepper.



6. FINISH AND SERVE

Serve vegetable noodles into bowls. Top with crispy tofu, fried shallots and reserved spring onion tops.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au



