



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Ginger

Ginger has several health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add it to hot water for a delicious herbal tea.



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## Crispy Tofu Stir-Fry with Turmeric Noodles

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



25 minutes



2 servings



Plant-Based

14 October 2022

## 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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	23g	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**

