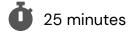




# **Sweet and Sour Tofu**

# with Konjac Noodles

Stir-fried veggies in a gingery sweet & sour sauce served over konjac noodles and topped with crispy fried tofu.





2 servings



# Make a curry

You can make a Thai red curry instead by adding coconut milk and some red curry paste. Simmer veggies and tofu until softened and serve over the noodles or rice.

TOTAL FAT CARBOHYDRATES

34g

81g

#### FROM YOUR BOX

GINGER	1 piece
TOMATO PASTE	1 sachet
TINNED PINEAPPLE	225g
FIRM TOFU	1 packet (300g)
SHALLOT	1
CARROT	1
RED CAPSICUM	1
SUGAR SNAP PEAS	1 packet (150g)
KONJAC NOODLES	1 packet

#### FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, white or rice wine vinegar, sugar (of choice), cornflour

#### **KEY UTENSILS**

frypan or wok, saucepan

#### **NOTES**

Keep noodles separate if you prefer.



#### 1. PREPARE THE SAUCE

Bring a saucepan of water to the boil (for step 5).

Grate ginger and whisk together with tomato paste, 1/2 tbsp cornflour, 11/2 tbsp vinegar, 1 tbsp sugar and 1 tbsp soy sauce. Stir in 1/4 cup water, pineapple pieces and juice. Set aside.



#### 4. SOAK THE NOODLES

Take saucepan with water off heat. Add drained noodles and soak for 1 minute. Drain.



### 2. COOK THE TOFU

Heat a frypan (or wok) with oil. Dice and add tofu with 1 tbsp soy sauce. Cook for 3-5 minutes until golden all around. Season with pepper, remove from pan and keep pan over heat.



#### 3. STIR-FRY THE VEGGIES

Add extra **oil** to the pan. Slice shallot, carrot and capsicum. Add to pan as you go. Stir-fry for 5-7 minutes.

Trim and slice sugar snap peas.



## 5. ADD THE SAUCE

Pour sauce and pineapple into pan and cook for a further 4-5 minutes, stirring occasionally, or until veggies are soft.

Toss through noodles and sugar snap peas (see notes).



#### 6. FINISH AND SERVE

Season stir-fry to taste with extra soy sauce, pepper and sugar.

Serve noodles, vegetables and sauce among bowls and top with tofu.

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