



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.



J4

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



4 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
	27g	14g	80g

FROM YOUR BOX

TURMERIC NOODLES	1 packet
SPRING ONIONS	1 bunch
BABY WOMBOK CABBAGE	1
RED CAPSICUM	1
GINGER	1 piece
FIRM TOFU	1 packet
BEAN SHOOTS	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

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 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, bean shoots, marinade and **2 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**

