



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Urban Forager


Urban Forager create a delicious organic stock concentrate full of real vegetables which are 100% Australian. They have no fillers and are palm oil free.



J4 Noodle Bowl with Light Fried Tofu

Warm broth served with gluten-free noodles and Asian greens, topped with crispy tofu, fresh capsicum, and chilli.

 25 minutes

 4 servings

 Plant-Based

1 April 2022

Spice it up!

Add some garlic, mirin, or miso paste to the broth as it simmers if you have some or a dash of chilli oil or jam when serving!

Per serve: **PROTEIN** 37g **TOTAL FAT** 21g **CARBOHYDRATES** 67g

FROM YOUR BOX

SPRING ONIONS	1 bunch
GINGER	1 piece
STOCK PASTE	1 jar
NORI SNACKS	1 packet
RED CAPSICUM	1
RED CHILLI	1
ASIAN GREENS	1 bunch
NOODLES	1 packet
FRIED TOFU	2 packets

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), rice or white wine vinegar

KEY UTENSILS

large frypan, saucepan x 2

NOTES

We used sesame oil for extra flavour.

Use a fork to loosen the noodles as they cook. Run under water to loosen before serving.

Use rice wine vinegar if possible for a more authentic flavour.



1. SIMMER THE STOCK

Heat a saucepan with **oil** (see notes). Slice spring onions (save some green tops for garnish), and grate ginger. Add to pan, cook for 2 minutes. Add **1 1/2 L water**, **1 tbsp soy sauce**, **1/2 tbsp vinegar**, and stock paste. Tear and add **half** the nori snacks. Cover and simmer for 10 minutes.



2. PREPARE THE VEGETABLES

Slice capsicum, chilli, and Asian greens. Use scissors to cut remaining nori sheets into strips. Keep separate on a plate.



3. COOK THE NOODLES

Bring a second saucepan of water to the boil. Add noodles and cook according to packet instructions (see notes). Drain and leave to the side.



4. COOK THE TOFU

Heat a frypan over medium-high heat with **oil** (see notes). Dice tofu and cook for 4-5 minutes, turning, until crispy.



5. SEASON THE BROTH

Add Asian greens to broth and remove from heat. Season with **1 1/2 tbsp soy sauce**, **1 tbsp vinegar** and **pepper**.



6. FINISH AND SERVE

Divide noodles between bowls. Pour over broth, top with tofu and fresh ingredients. Serve with extra **soy sauce** for individual seasoning.

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

