




Product Spotlight: Konjac Noodles


Made from a fibre that comes from the root of the konjac plant, konjac noodles don't have much flavour, so they are great for tossing through salads with sauce or into a broth!



J4 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.

 25 minutes

 4 servings

 Plant-Based

15 July 2022

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.

Per serve: **PROTEIN** 23g **TOTAL FAT** 9g **CARBOHYDRATES** 64g

FROM YOUR BOX

GINGER	1 piece
TOMATO PASTE	1 sachet
TINNED PINEAPPLE	440g
FIRM TOFU	1 packet (400g)
RED ONION	1
CARROT	1
RED CAPSICUM	1
SUGAR SNAP PEAS	1 packet (250g)
KONJAC NOODLES	2 packets

FROM YOUR PANTRY

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

KEY UTENSILS

large 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 tbsp cornflour**, **3 tbsp vinegar**, **2 tbsp sugar** and **2 tbsp soy sauce**. Stir in **1/2 cup water**, pineapple pieces and juice. Set aside.



2. COOK THE TOFU

Heat a large frypan (or wok) with **oil**. Dice and add tofu with **1 1/2 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. Wedge onion, slice carrot and capsicum. Add to pan as you go. Stir-fry for 5-7 minutes.

Trim and slice sugar snap peas.



4. SOAK THE NOODLES

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



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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