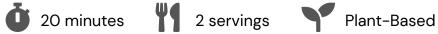


Product Spotlight: Bean Shoots

Bean shoots are an easy way to boost the nutrients in your diet with good levels of vitamin C, folate and iron. Iron is involved in various bodily functions, including the transport of oxygen in the blood!



A delicious Thai noodle dish with rice noodles, fried tofu, vegetables and a sweet lime sauce.







14 January 2022



Spice it up!

Use some fresh chilli or chilli flakes in the

sauce for a little bit of heat. Add extra garnishes from your pantry such as

peanuts, cashews or toasted coconut.

FROM YOUR BOX

RICE NOODLES	1 packet
GARLIC CLOVE	1
LIME	1
TOMATO PASTE	1 sachet
FRIED TOFU	1 packet
CARROT	1
ASIAN GREENS	2 bulbs
BEAN SHOOTS	1 bag (250g)

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), sugar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

You can use palm sugar and a neutral flavoured oil (like grape seed or rice oil) in the sauce for a more authentic flavour.

If the noodles are stuck together, run them under cold water to loosen before adding to the pan. You may also find it easier to toss together if you cut the noodles with a pair of scissors.



1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook according to packet instructions. Drain and rinse in cold water.



2. MAKE THE SAUCE

Crush garlic and combine with zest and juice from 1/2 lime (wedge remaining), 1 tbsp tomato paste, **2 tbsp soy sauce**, **1 tbsp sugar**, and **2 tbsp oil** (see notes)



3. COOK THE TOFU

Heat a frypan over medium-high heat with oil. Dice and add tofu. Cook for 4-5 minutes, turning, until crispy. Remove from pan. Keep pan over heat.



4. COOK THE VEGGIES

Add more **oil** if needed. Slice and add carrot, Asian greens and half the bean shoots. Cook for 3-4 minutes until just tender.



5. ADD SAUCE & NOODLES

Add sauce and noodles to pan (see notes). Toss until well combined. Season to taste with extra **soy sauce and pepper**.



6. FINISH AND SERVE

Divide noodles among bowls. Top with tofu, remaining bean shoots and a lime wedge.



