




Product Spotlight: Peanut Butter


Peanut butter is a rich source of dietary fibre, vitamin E, pantothenic acid, niacin, and vitamin B6. Also high in content are the dietary minerals manganese, magnesium, phosphorus, zinc, and copper.



3 Dan Dan Noodles with Fried Tofu

Spicy peanut butter sauce, tossed through noodles and stir-fried vegetables, served with fried tofu.

 30 minutes

 2 servings

 Plant-Based

5 November 2021

Top it!

Some thinly sliced spring onions, fried shallots, roasted peanuts, cashews or sesame seeds would all make great toppings for this dish.

Per serve: **PROTEIN** 29g **TOTAL FAT** 37g **CARBOHYDRATES** 125g

FROM YOUR BOX

PEANUT BUTTER	1 slug
SHALLOT	1/2 *
CARROT	1
ZUCCHINI	1/2 *
BEAN SHOOTS	1 bag
NOODLES	1 packet
LITE FRIED TOFU	1 packet (200g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil, pepper, soy sauce (or tamari), 1 garlic clove, ground cumin, dried chilli flakes

KEY UTENSILS

large frypan, saucepan

NOTES

Reduce the amount of chilli if you want a milder dish.

We used sesame oil for extra flavour.

Instead of cooking the tofu separately to use as a topping, you can add it to the stir-fried vegetables to cook.



1. MAKE THE SAUCE

Bring a saucepan of water to the boil.

In a bowl whisk together peanut butter, **1 crushed garlic clove**, **1 1/2 tsp chilli flakes** (see notes), **3 tbsp soy sauce**, **1 1/2 tbsp oil**, **1/2 tsp cumin**, **3 tsp water** and **pepper**.



2. PREPARE VEGETABLES

Slice shallot and carrot. Cut zucchini into crescents. Set aside with beans shoots.



3. STIR-FRY VEGETABLES

Heat a frypan over medium-high heat with **sesame oil**. Add shallot, carrot and zucchini to pan and cook, stirring, for 3-4 minutes. Add 1/2 bean shoots (reserve remaining for garnish) and cook for 1 minute (see notes).



4. COOK THE NOODLES

Add noodles to boiling water. Cook according to packet instructions. Drain and rinse with cold water. Toss through vegetables along with 1/2 sauce. Remove stir-fry to serving bowls.



5. COOK THE TOFU

Reheat frypan over medium-high heat with **sesame oil**. Cut tofu into smaller pieces and add to pan. Cook, turning occasionally, for 2-4 minutes, or until warmed through.



6. FINISH AND SERVE

Top stir-fry with fried tofu and reserved bean shoots. Drizzle over remaining sauce and extra **chilli flakes** to taste.

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**

