



Product Spotlight: Konjac Noodles

Konjac noodles are made from a fibre that comes from the root of the konjac plant. They have very little flavour which is great for tossing through a salad with sauce or into a broth!



2 Sweet & Sour Tofu Stir Fry

A sweet and sour combination with lite fried tofu strips, pineapple, ginger and Asian greens, served on a bed of konjac noodles.

 30 minutes

 4 servings

 Plant-Based

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Spice it up!

You can add some sweet chilli sauce for a more flavourful stir fry! Fresh lemongrass or kaffir lime leaves would also compliment these flavours well. Garnish the dish with cashew nuts if you have some!

Per serve: **PROTEIN** 20g **TOTAL FAT** 19g **CARBOHYDRATES** 32g

FROM YOUR BOX

KONJAC NOODLES	2 packets
ASIAN GREENS	1 bunch
RED CAPSICUM	1
CARROTS	2
GINGER	1 piece
LITE FRIED TOFU	2 packets
PINEAPPLE	1 tin
TOMATO PASTE	1 sachet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, red wine vinegar, soy sauce (or tamari), cornflour, maple syrup

KEY UTENSILS

large frypan, kettle

NOTES

If you don't have a kettle you can cook the noodles in a saucepan of boiling water for 1 minute.



1. PREPARE THE NOODLES

Boil the kettle (see notes). Drain noodles from packets and rinse. Place in a large bowl and cover with boiling water for 1 minute, or until tender. Drain and rinse. Set aside.



2. PREPARE VEGETABLES

Trim and slice Asian greens. Slice capsicum and cut carrots into crescents. Peel and grate ginger to yield 1/2 tbsp. Slice the tofu.



3. MAKE THE SAUCE

Whisk together pineapple juice (reserve pieces) with tomato paste, **1 tbsp cornflour**, **1 tbsp maple syrup**, **3 tbsp vinegar**, **3 tbsp soy sauce** and **1/2 cup water**. Set aside.



4. COOK THE STIR FRY

Heat a frypan over medium-high heat with **oil**. Add prepared vegetables, pineapple pieces and tofu. Cook for 3-4 minutes until tender.



5. ADD SAUCE

Pour in prepared sauce. Cook for 5-6 minutes until sauce has slightly thickened.



6. FINISH AND PLATE

Divide noodles among bowls and top with stir fry.

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**

