



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!



2 Thai Noodles with Fried Tofu

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

 20 minutes

 4 servings

 Plant-Based

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.

Per serve: **PROTEIN** 33g **TOTAL FAT** 38g **CARBOHYDRATES** 114g

FROM YOUR BOX

RICE NOODLES	1 packet
GARLIC CLOVES	2
LIME	1
TOMATO PASTE	1 sachet
FRIED TOFU	2 packets
CARROTS	2
ASIAN GREENS	1 bunch
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), tomato paste, **1/4 cup soy sauce**, **1 1/2 tbsp sugar**, and **1/4 cup 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 carrots, 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.

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

