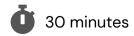


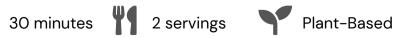


2 Tofu Larb Noodles

A family favourite Thai dish with fragrant lemongrass tofu, fresh veggies, mint and zesty lime dressing.







Add fresh chilli or some chilli sauce to the dressing for extra heat. For a more adventurous and punchy flavour, grate fresh ginger into the tofu or use kaffir lime leaves if you have any!

PROTEIN TOTAL FAT CARBOHYDRATES

125g

FROM YOUR BOX

NOODLES	1 packet
LIME	1
GARLIC	2 cloves
MINT	1/2 bunch *
BABY COS LETTUCE	1
CARROT	1
BEAN SHOOTS	1 bag (250g)
LEMONGRASS STALK	1
SPRING ONION	1*
FIRM TOFU	1 packet

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

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

KEY UTENSILS

frypan, saucepan

NOTES

Use sesame oil for the dressing if you have some. Coconut oil also works well for cooking the tofu.

Stir fry the bean shoots and carrot with the tofu mince if you prefer a warmer dish.



1. COOK THE NOODLES

Bring a saucepan of water to the boil and cook noodles for 2–3 minutes, or until just tender. Drain and rinse in cold water.



2. PREPARE THE SAUCE

Zest 1/2 the lime and set aside (for tofu). Crush 1/2 garlic clove. Combine with 1/2 lime juice (wedge remaining), 1 tbsp soy sauce, 1 1/2 tsp sugar and 1 tbsp oil (see notes). Set aside.



3. PREPARE THE SALAD

Pick mint leaves and chop lettuce leaves. Julienne or ribbon carrot. Set aside with bean shoots.



4. COOK THE TOFU

Finely chop lemongrass (see product spotlight overleaf) and slice spring onion. Add to a pan over medium-high heat with oil. Crumble in tofu, crush in 1 garlic clove and add lime zest. Cook for 5 minutes until cooked through. Season with soy sauce and pepper to taste.



5. FINISH AND PLATE

Divide noodles, salad and tofu larb among plates. Spoon over dressing to taste and serve with lime wedges.

