



Bang bang tofu noodles

with peanut-tamari sauce



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot, wok/large frying pan



Pantry items needed: vegetable oil



Hands-on: 20 minutes
Ready in: 25 minutes



Serves: 2 or 4

Our house-made bang bang tofu noodles is as flavour packed as it sounds! Rich peanut butter, toasted sesame and organic tamari make the perfect coating for rice noodles. New season vegetables make this dish colourful and fresh.

NO ADDED GLUTEN | HIGH PROTEIN | Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Firm tofu	1 packet	1 packet
Tofu coating	1 packet	1 packet
Garlic	8g	16g
Ginger	15g	30g
Carrot	120g	240g
Zucchini	180g	360g
Green beans	80g	160g
Corn kernels	1 can	2 cans
Lime	100g	200g
Roasted peanuts	1 packet	1 packet
Rice noodles	1 packet	1 packet
Bang bang sauce	1 tub	1 tub
Water*	2 tbsp	4 tbsp
Vegetable oil*, divided	2 tbsp	4 tbsp

* Pantry items

Allergens and ingredients

Allergens: peanut, soy, sesame.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare ingredients

Dice **tofu** into 1cm cubes. In a bowl, add **tofu** and **tofu coating** and toss until coated. Mince **garlic** and **ginger**. Using a peeler, slice **carrot** and **zucchini** into ribbons. Cut **beans** into 2cm pieces. Drain and rinse **corn**. Juice **half** the quantity of **lime** and cut remaining **lime** into wedges for serving. Roughly chop **peanuts**.

2. Cook noodles

Fill a large pot $\frac{3}{4}$ -full with water and bring to a boil. When boiling, add **noodles** and cook for **4 minutes**. Drain into a colander and rinse under cold running water until completely cool.

3. Make sauce

In a bowl, add **bang bang sauce**, **lemon juice** and **water*** and whisk until smooth.

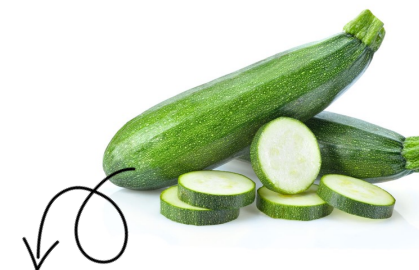
4. Cook stir-fry

In a wok / large frying pan over medium-high heat, add **half** the quantity of **vegetable oil***. When hot, add **tofu** and cook until golden, about **1 minute** each side. Remove and set aside to drain on kitchen paper towel. Add remaining **vegetable oil***, **garlic** and **ginger** and cook, stirring, until golden brown, about **2 minutes**. Add **carrot**, **zucchini** and **green beans** and cook, tossing, for **3 minutes**. Add **corn**, **noodles**, **tofu** and **bang bang sauce** and gently toss to combine, allowing to heat for **2 minutes**.

5. Serve

Serve **bang bang tofu noodles** in bowls topped with **peanuts** and with **lime wedges** on the side.

Eat your way
to healthy!



Zucchinis are rich in fibre, multiple antioxidants and vitamins and minerals, including lutein, manganese, potassium, magnesium and vitamins A, C, B9 and K.

Zucchini has been linked to a variety of health benefits, including improved digestion, heart and eye health, improved weight and blood sugar management, lowered risk of diabetes and certain cancers and overall enhanced immunity.

Nutritional information*

	Per 655g serve	Per 100g
Energy	2890kJ (692Cal)	441kJ (106Cal)
Protein	32.9g	5.0g
Fat, total	44.5g	6.8g
- Saturated	6.3g	1.0g
Carbohydrate	34.0g	5.0g
- Sugars	10.0g	1.0g
Sodium	1768mg	270mg

* Nutritional information is based on averages