



Stir fried Asian vermicelli rice noodles

with sesame, soy and ginger tofu and vegetables



These delicately flavoured Asian noodles are so fresh and tasty. Featuring fresh vegetables, Soyco sesame, soy & ginger tofu, vermicelli rice noodles and our delicious house-made stir fry sauce. They can be whipped up in minutes and hit will the spot perfectly.

HIGH PROTEIN | CALORIE SMART | Quick & easy



Make this dish within 5 days of receiving your meal kit



Cooking equipment: wok / large deep frying pan



Pantry items needed:
peanut/vegetable oil



Hands-on: 15-20 minutes
Ready in: 15-20 minutes



Serves: 2 or 4



Soyco sesame,
soy and ginger
tofu

200g \$5.75

Featured as part of this meal kit and available to add to your next order.

Before you start

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

Ingredients

	2 serves	4 serves
Vermicelli rice noodles	1 packet	1 packet
Broccoli	280g	560g
Red capsicum	130g	260g
Brown onion	60g	120g
Soyco sesame soy and ginger tofu	1 packet	2 packets
Ginger	15g	30g
Garlic	8g	16g
Lime	80g (half)	80g
Coriander	10g	20g
Stir fry sauce	1 tub	1 tub
Water*	2 tbsp	4 tbsp
Peanut/vegetable oil*	1 tbsp	2 tbsp

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy, sesame.

May contain traces of other allergens.

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

Instructions

1. Cook noodles

Place **vermicelli noodles** into a heatproof bowl and pour over enough boiling water to cover. Soak for **2 minutes**. Drain and set aside.

2. Prepare ingredients

Slice **broccoli** florets into bite-sized pieces. Slice **capsicum** into thin strips. Slice **onion** into thin wedges. Dice **Soyco sesame soy and ginger tofu** into 2cm squares. Finely grate **ginger**. Mince **garlic**. Juice **lime** (**½ for 2 serves** and **1 for 4 serves**). Roughly chop **coriander** for garnish.

3. Make sauce

Shake **stir fry sauce** before opening. In a small bowl, add **stir fry sauce, ginger, garlic, lime juice** and **water*** and stir to combine.

4. Stir fry

In a wok / large deep frying pan over high heat, add **peanut/vegetable oil***. When hot, add **broccoli, capsicum** and **onion** and cook, stirring constantly, for **3 minutes**. Add **stir fry sauce** and cook for **1 minute**. Reduce heat to medium, add **tofu** and **noodles** and gently toss until combined and hot, about **2 minutes**.

5. Serve

Serve **stir fried Asian noodles** with **coriander** sprinkled on top.

Eat your way
to healthy!



Capsicums are low in calories and exceptionally rich in vitamin C and other antioxidants, making them an excellent addition to a healthy diet. One capsicum provides upwards of 170% of your RDI of vitamin C!

Capsicums are loaded with many other vitamins such as E, A, B6, B9, K1 and minerals such as potassium. They are also a great source of iron, which, when paired with vitamin C, aids iron absorption, preventing conditions such as iron deficiency and anaemia.

Nutritional information*

	Per 455g serve	Per 100g
Energy	2429kJ (581Cal)	534kJ (128Cal)
Protein	26.3g	5.8g
Fat, total	23.1g	5.1g
- Saturated	3.3g	0.7g
Carbohydrate	115.0g	25.0g
- Sugars	16.0g	4.0g
Sodium	1466mg	322mg

* Nutritional information is based on averages