



Tofu Chow Mein-Style Noodles

with Stir-Fried Veggies and Peanuts

Veggie

35 Minutes



Tofu

1 | 2



Chow Mein Noodles

200 g | 400 g



Shanghai Bok Choy

1 | 2



Moo Shu Spice Blend

1 tbsp | 2 tbsp



Vegetarian Oyster Sauce

¼ cup | ½ cup



Carrot

1 | 2



Honey-Garlic Sauce

4 tbsp | 8 tbsp



Peanuts, chopped

28 g | 56 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, pepper, salt, oil

Cooking utensils | Large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, strainer, vegetable peeler

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

1



Prep

- Before starting, wash and dry all produce.

- Peel, then cut **carrot** into ¼-inch half-moons.
- Cut **bok choy** into 1-inch pieces.
- Pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces.
- Sprinkle **half the Moo Shu Spice Blend** over **tofu**, then season with **salt** and **pepper**.

2



Toast peanuts

- Heat a large non-stick pan over medium-high heat.
- When hot, add **peanuts** to the dry pan.
- Toast, stirring often, until golden, 2-3 min. (**TIP:** Keep your eye on peanuts so they don't burn!) Transfer to a plate.

3



Cook tofu

- Add **1 tbsp** (2 tbsp) **oil**, then **tofu** to the same pan. Cook, turning occasionally, until crispy and golden-brown all over, 6-7 min.
- Transfer **tofu** to a plate.
- Meanwhile, add **10 cups water** and **1 tbsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.

4



Stir-fry veggies and tofu

- Reduce heat of the same pan to medium, then add **carrots**. Cook, stirring often, 1-2 min.
- Add **bok choy**. Cook, stirring often, until **veggies** are tender-crisp, 1-2 min.
- Add **tofu**, **vegetarian oyster sauce**, **honey-garlic sauce**, ¼ tsp (½ tsp) **sugar**, **2 tbsp** (4 tbsp) **water** and **remaining Moo Shu Spice Blend**. Cook, stirring often, until **sauce** thickens, 2-3 min. Remove from heat.

5



Cook noodles

- Meanwhile, add **noodles** to the **boiling water**. Cook uncovered, until tender, 1-2 min.
- Drain **noodles**, then rinse under **warm water**.
- Drain well, then return to the pot.

6



Finish and serve

- Add **half the peanuts** and **stir-fry mixture** to the pot with **noodles**. Toss to combine.
- Divide **noodles** between bowls.
- Sprinkle **remaining peanuts** over top.