



Satay Tofu Noodles

with Stir-Fried Greens

Veggie

30 Minutes

Swap



Chicken Breast
Tenders •
310 g | 620 g

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Tofu
1 | 2



Chow Mein
Noodles
200 g | 400 g



Shanghai Bok
Choy
2 | 4



Carrot
1 | 2



Peanut Butter
1 | 2



Soy Sauce
1 tbsp | 2 tbsp



Vegetarian Oyster
Sauce
¼ cup | ½ cup



Honey
2 | 4



Lime
1 | 1



Garlic, cloves
2 | 4



Green Onion
2 | 4

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 | Oil, salt, pepper

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

1



Prep

- Before starting, wash and dry all produce.
- Getting a crispy, golden exterior on the cubed tofu is the key to making them delicious. To accomplish this, dry the tofu as best as you can with paper towels.

- Add **10 cups hot water** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Cut **bok choy** into 1-inch pieces. Using a strainer, rinse **bok choy** to wash away hidden dirt.
- Thinly slice **green onions**.
- Peel, then cut **carrot** into ¼-inch half-moons.
- Juice **half the lime** (whole lime for 4 ppl), then cut **any remaining lime** into wedges.
- Peel, then mince or grate **garlic**.

4



Cook noodles

- Meanwhile, add **chow mein noodles** to the **boiling water**. Cook uncovered until tender, 1-2 min.
- Reserve ¼ cup (½ cup) **pasta water**, then drain **noodles** with a strainer. Rinse under warm water.
- Return **noodles** to the same pot, off heat. Add **2 tsp** (4 tsp) **oil**, then gently toss to coat.
- Using a pair of scissors, make a few cuts in the pot to cut up **noodles**.
- Set aside.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

2

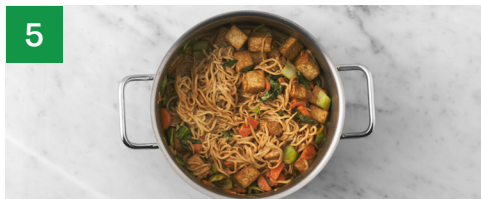


Prep and cook tofu

🔄 Swap | **Chicken Breast Tenders**

- Pat **tofu** dry with paper towels, poke all over with a fork. Cut **tofu** into ½-inch pieces. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **tofu**. Pan-fry, turning occasionally, until crispy and golden-brown all over, 6-7 min. (**TIP:** For 4 ppl cook tofu in 2 batches, using 1 tbsp oil for each batch.)
- Transfer **tofu** to a plate and set aside. Cover to keep warm.

5



Make sauce and assemble

- Whisk together **peanut butter**, **reserved pasta water** and **honey** in a large bowl until smooth.
- Add **vegetarian oyster sauce**, **soy sauce** and **lime juice**.
- Add **veggies**, **tofu** and **sauce** to the pot with **noodles**, then toss to combine.

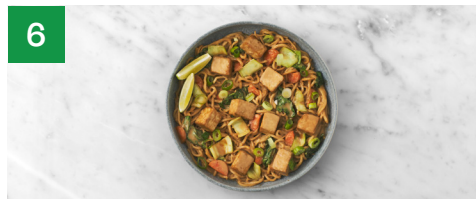
3



Cook veggies

- Reduce heat to medium.
- Add **carrots** and ¼ cup (½ cup) **water** to the same pan. Cook, stirring often, until water is absorbed, 2-4 min.
- Add **1 tbsp** (2 tbsp) **oil**, then **garlic** and **bok choy**. Cook, stirring occasionally, until **veggies** are tender-crisp, 2-3 min.
- Transfer **veggies** to the plate with **tofu**.

6



Finish and serve

- Divide **veggie tofu noodles** between bowls.
- Drizzle over **any remaining sauce** from the bowl.
- Sprinkle over **green onions**.
- Squeeze over a **lime wedge**, if desired.

Measurements
within steps

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

2 | Prep and cook chicken

🔄 Swap | **Chicken Breast Tenders**

If you've opted to get **chicken tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.** Proceed with the rest of the recipe as written.