



Laksa-Style Tofu Noodle Soup

with Asian Greens

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Carrot



Celery



Asian Greens



Garlic



Udon Noodles



Firm Tofu



Sweet Soy Seasoning



Ginger Paste



Southeast Asian Spice Blend



Coconut Milk



Diced Chicken



Peeled Prawns

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Prep in: 25-35 mins
Ready in: 30-40 mins

Plant Based

Settle in for a cosy night with this hearty tofu noodle soup. Full of colourful veggies, slurpable noodles and Southeast Asian flavours, this is the perfect meal to warm you up on a cold night!

Pantry items

Olive Oil, Plain Flour, Soy Sauce, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
Asian greens	1 packet	2 packets
garlic	2 cloves	4 cloves
udon noodles	1 packet	2 packets
firm tofu	½ packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
plain flour*	1 tsp	2 tsp
ginger paste	1 medium packet	1 large packet
Southeast Asian spice blend	1 medium sachet	1 large sachet
coconut milk	2 medium packets	4 medium packets
water*	1 cup	2 cups
soy sauce*	3 tbs	6 tbs
brown sugar*	½ tbs	1 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3469kJ (829Cal)	509kJ (122Cal)
Protein (g)	14.2g	4.2g
Fat, total (g)	48.3g	7.1g
- saturated (g)	26.6g	3.9g
Carbohydrate (g)	57.1g	8.4g
- sugars (g)	14.2g	2.1g
Sodium (mg)	1711mg	251mg
Dietary Fibre (g)	7.7g	1.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Bring a large saucepan of water to the boil.
- Thinly slice **carrot** into half-moons.
- Thinly slice **celery**.
- Roughly chop **Asian greens**.
- Finely chop **garlic**.



Start the soup

- Wipe out green frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **celery**, stirring, until tender, **4-5 minutes**.
- Add **garlic**, **ginger paste**, **Southeast Asian spice blend** and a drizzle of **olive oil** and cook, stirring, until fragrant, **1 minute**.



Cook the noodles

- Add **udon noodles** to the boiling water and cook over medium-high heat until tender, **1-2 minutes**.
- Drain, rinse and set aside.



Finish the soup

- Add **Asian greens**, **coconut milk**, the **water**, **soy sauce** and the **brown sugar** to the pan and stir to combine.
- Bring to the boil and simmer until heated through, **2 minutes**.



Cook the tofu

- Meanwhile, cut **firm tofu** (see ingredients) into 1cm cubes.
- In a medium bowl, place **tofu**, **sweet soy seasoning** and the **plain flour** and toss to coat.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **tofu**, turning, until browned all over, **3-4 minutes**. Transfer to a paper towel-lined plate and set aside.



Finish & serve

- Divide udon noodles between bowls.
- Pour over Laksa-style soup.
- Top with tofu to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW09



CUSTOM OPTIONS

+ **ADD DICED CHICKEN**
Cook, tossing occasionally until cooked through, 5-6 minutes. Stir through before serving.

+ **ADD PEELED PRAWNS**
Cook, tossing, until pink and starting to curl up, 3-4 minutes. Stir through before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

