



Product Spotlight: Garlic

Garlic doesn't just add great flavour to most dishes – it is very beneficial to regulate blood pressure and blood sugar levels!



Spice it up!

This dish is delicious served with some sambal oelek or chilli sauce! For an even more authentic flavour, add 2 tsp dark soy sauce and 2 tsp Shaoxing wine if you have some in your pantry.

Char Kway Teow with Fried Tofu

Char Kway Teow – meaning stir-fried flat noodles! This dish is a delicious combination of wok-tossed rice noodles, cabbage, and tofu served with a savoury garlic sauce.



25 minutes



2-3 servings



Plant-Based

21 July 2023

Per serve: **PROTEIN** 37g **TOTAL FAT** 25g **CARBOHYDRATES** 130g

FROM YOUR BOX

RICE NOODLES	300g
GARLIC CLOVES	2
FRIED TOFU	1 packet
GREEN CABBAGE	1/4
BABY CORN	1 punnet
SPRING ONIONS	1 bunch
BEAN SHOOTS	1 bag

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce or tamari, sugar (of choice)

KEY UTENSILS

large frypan or wok, saucepan

NOTES

Rinsing the noodles under cold water will stop the cooking process and help prevent them from breaking apart when tossing.

We recommend using ground white pepper for this dish.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles to boiling water and cook according to packet instructions or until al dente. Drain and rinse under cold water (see notes). Set aside.



2. PREPARE THE SAUCE

Combine 2 crushed garlic cloves with **2 tbsp soy sauce**, **2 tbsp oil** and **2 tsp sugar**. Set aside.



3. PREPARE THE STIR-FRY

Slice tofu and cabbage. Halve baby corn lengthways. Slice spring onions into 4cm lengths. Keep separate.



4. COOK THE STIR-FRY

Heat a large frypan or wok over high heat with **oil**. Add tofu and cabbage to cook for 2 minutes. Add baby corn and toss for a further 2 minutes until tender.



5. TOSS THE NOODLES

Add cooked noodles and sauce to pan, toss to combine. Toss in spring onions and 1/2 bag bean shoots until wilted. Season well with **pepper** (see notes).



6. FINISH AND SERVE

Divide noodles among bowls. Garnish with remaining bean shoots.



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