



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Urban Forager


Urban Forager create a delicious organic stock concentrate full of real vegetables which are 100% Australian. They have no fillers and are palm oil free.



## J2 Noodle Bowl with Light Fried Tofu

Warm broth served with gluten-free noodles and Asian greens, topped with crispy tofu, fresh capsicum, and chilli.

 25 minutes

 2 servings

 Plant-Based

1 April 2022

## Spice it up!

*Add some garlic, mirin, or miso paste to the broth as it simmers if you have some or a dash of chilli oil or jam when serving!*

Per serve: **PROTEIN** 46g **TOTAL FAT** 29g **CARBOHYDRATES** 124g



## FROM YOUR BOX

SPRING ONIONS	4
GINGER	1 piece
STOCK PASTE	1 jar
NORI SNACKS	1 packet
RED CAPSICUM	1
RED CHILLI	1
ASIAN GREENS	2 bulbs
NOODLES	1 packet
FRIED TOFU	1 packet

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, rice or white wine vinegar

## KEY UTENSILS

large frypan, saucepan x 2

## NOTES

We used sesame oil for extra flavour.

Use a fork to loosen the noodles as they cook. Run under water to loosen before serving.

Use rice wine vinegar if possible for a more authentic flavour.



### 1. SIMMER THE STOCK

Heat a saucepan with **oil** (see notes). Slice spring onions (save some green tops for garnish), and grate ginger. Add to pan, cook for 2 minutes. Add **1 1/2 L water**, **1 tbsp soy sauce**, **1/2 tbsp vinegar**, and stock paste. Tear and add **half** the nori snacks. Cover and simmer for 10 minutes.



### 2. PREPARE THE VEGETABLES

Slice capsicum, chilli, and Asian greens. Use scissors to cut remaining nori sheets into strips. Keep separate on a plate.



### 3. COOK THE NOODLES

Bring a second saucepan of water to the boil. Add noodles and cook according to packet instructions (see notes). Drain and set aside.



### 4. COOK THE TOFU

Heat a frypan over medium-high heat with **oil** (see notes). Dice tofu and cook for 4-5 minutes, turning, until crispy.



### 5. SEASON THE BROTH

Add Asian greens to broth and remove from heat. Season with **1 tbsp soy sauce**, **1 tbsp vinegar** and **pepper**.



### 6. FINISH AND SERVE

Divide noodles between bowls. Pour over broth and top with tofu and fresh ingredients. Serve with extra **soy sauce** for individual seasoning.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

