



Tips For Fussy Eaters

Add their favourite vegetables and serve the sauce on the side.

Pro Tip

The key to crispy tofu is a hot pan, a generous amount of oil and patience. Once you've added the tofu to the hot pan, don't touch it for a while. Turn only once caramelised.

Vegan or not, this one's a crowd-pleaser!

Cooking Time: 30 min | Dairy-Free
Cals 896 | Prot 32 | Carbs 108 | Fat 37

Ingredients

For 2 For 3 For 4

Stir-fry

Firm tofu	500	500	1000	Grams
Corn starch	30	30	60	Grams
Vegetable oil	1	1	2	Tbsp
Red pepper	1	1	2	Piece
Snow peas	100	150	200	Grams
Ginger garlic paste	10	15	20	Grams
Salted peanuts	60	60	80	Grams

Sauce

Peanut butter	30	45	60	Grams
Maple syrup	20	30	40	ML
Rice vinegar	15	22	30	ML
Sriracha sauce	7	14	14	ML

Noodles

Rice noodles	150	200	300	Grams
Fresh mint	10	10	10	Grams
Fresh coriander	15	15	15	Grams
Lime	2	3	4	Piece
Soy sauce	30	40	60	ML
Sesame oil	15	22	30	ML
Vegetable oil	1	1	2	Tbsp



1 Fry tofu

Slice the **tofu** into bite-sized cubes. Add the **corn starch** to a plate. Turn the **tofu** cubes in the **starch** until fully coated. Heat a non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **tofu** cubes and fry for 8-10 min until golden and crispy.



2 Soak noodles

Meanwhile, boil a kettle. Add the **noodles** to a pot or bowl and cover with boiling water. Stir once, then cover with a lid or cling film. Leave to soften for 6 min. Drain once tender.



3 Prep

De-seed and slice the **peppers**. Slice the **snow peas**. Finely chop the **mint** leaves. Pick the **coriander** leaves. In a bowl, combine the **peanut butter**, **maple syrup**, **rice vinegar** and **sriracha (spicy!)**. Whisk until smooth.



4 Stir-fry

Heat a pan over medium heat with a drizzle of **oil**. Once hot, add the **peppers** and **ginger garlic paste**. Stir fry for 4 min. Add the **snow peas** and fry for 2 min further.



5 Toss

Juice the **limes**. Add the drained **noodles** to a bowl and toss with the **soy sauce**, **lime** juice, **sesame oil**, **vegetable oil**, **mint** and **coriander** leaves. Toss the **tofu** in the **peanut sauce**.



6 Serve

Divide the **noodles** among bowls and top with the stir-fried veg and **peanut tofu**. Garnish with the **peanuts**.



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