



MISO TOFU STIR-FRY

with Sugar Snap Peas and Peppers



HELLO MISO

A traditional Japanese condiment made by fermenting soybeans

TIME: 30 MIN



Extra-Firm Tofu



Miso



Ramen Noodles



Sugar Snap Peas



Sweet Bell Pepper



Green Onions



Honey



Rice Vinegar



Chili Garlic Sauce



Garlic Salt

BUST OUT

- Whisk
- Paper Towels
- Measuring Cups
- Large Non-Stick Pan
- Small Bowl
- Large Pot
- Measuring Spoons
- Salt and Pepper
- Strainer
- Olive or Canola Oil

INGREDIENTS

2-person | 4-person

- Extra-Firm Tofu **4** 250 g | 500 g
- Miso **4** 3 tbsp | 6 tbsp
- Ramen Noodles **1** 200 g | 400 g
- Sugar Snap Peas 113 g | 227 g
- Sweet Bell Pepper 160 g | 320 g
- Green Onions 2 | 4
- Honey 4 tsp | 8 tsp
- Rice Vinegar 1 tbsp | 2 tbsp
- Chili Garlic Sauce **9** 🌶️ 2 tsp | 4 tsp
- Garlic Salt **9** 1 tsp | 1 tsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0** Fish/Poisson
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites
- 10** Crustacean/Crustacé
- 11** Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

In Step 4, use this heat guide to determine what spice level you prefer (dbl each measurement for 4 ppl): **½ tsp** mild, **1 tsp** medium and **1 ½ tsp** spicy and **all** the sauce for extra-spicy!



1 PREP Wash and dry all produce.* In a large pot, add **10 cups water**. Cover and bring to a boil over high heat. (**NOTE:** Use same for 4 ppl.) Cut **tofu** into ½-inch pieces, then pat dry with paper towels. Sprinkle over **½ tsp garlic salt** (dbl for 4 ppl).



4 FINISH PREP & MAKE MISO SAUCE While noodles cook, core, then cut **peppers** into ½-inch pieces. Thinly slice **green onions**. Trim **snap peas**. In a small bowl, whisk together **miso, honey, vinegar, 3 tbsp water** (dbl for 4 ppl) and **½ tsp chili garlic sauce** (dbl for 4 ppl). (**NOTE:** Reference Heat Guide in Start Strong). Set aside.



2 COOK TOFU Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then **tofu**. Pan-fry, stirring occasionally, until crispy and golden-brown, 8-10 min. (**TIP:** Cook tofu in 2 batches for 4 ppl, using 1 tbsp oil for each batch!) Transfer to a plate and set aside.



5 ASSEMBLE STIR-FRY To the same pan, add **1 tbsp oil** (dbl for 4 ppl) then **snap peas** and **peppers**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Add **miso sauce** and **noodles**. Remove pan from heat. Stir together, until **noodles** are coated, 1 min. Add **tofu** and season with **pepper**. Toss together.



3 COOK NOODLES To **boiling water**, add **noodles**. Cook, stirring occasionally, until tender, 3-4 min. Drain and rinse **noodles** with **cold water**, to prevent **noodles** from sticking to each other. Set aside.



6 FINISH AND SERVE Sprinkle over **green onions**. Divide **miso tofu stir-fry** between plates.

TASTY!

Not your traditional stir-fry and oh so good!