



TOFU PAD SEE EW

with Ginger Sugar Snap Peas and Thai Basil

VEGGIE



HELLO THAI BASIL

Thai basil is heartier and more intensely flavoured than its Italian cousin

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 691



Extra-Firm Tofu



Rice Noodles



Peanuts, chopped



Sugar Snap Peas



Vegetarian Oyster Sauce



Soy Sauce



Garlic



Ginger



Shallot



Thai Basil

BUST OUT

- Large Non-Stick Pan
- Paper Towel
- Large Pot
- Small Bowl
- Measuring Spoons
- Strainer
- Measuring Cups
- Salt and Pepper
- Garlic Press
- Olive or Canola oil
- Sugar (1 tsp | 2 tsp)

INGREDIENTS

2-person | 4-person

- Extra-Firm Tofu 4 200 g | 400 g
- Rice Noodles 100 g | 200 g
- Peanuts, chopped 7 28 g | 56 g
- Sugar Snap Peas 113 g | 227 g
- Vegetarian Oyster Sauce 1,4,9 2 tbsp | 4 tbsp
- Soy Sauce 1,4 2 tbsp | 4 tbsp
- Garlic 6 g | 12 g
- Ginger 30 g | 30 g
- Shallot 50 g | 100 g
- Thai Basil 7 g | 14 g

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 soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 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



After the noodles are done cooking, rinsing (or shocking) them with cold water keeps them from sticking to each other!



1 PREP Wash and dry all produce.* In a large pot, add **12 cups water** and **2 tsp salt**. (**NOTE:** Use same size pot, amount of water and salt for 4 ppl.) Cover and bring to a boil over high heat. Meanwhile, peel, then mince or grate **garlic**. Peel, then finely grate **½ tbsp ginger** (dbl for 4 ppl). Peel, then thinly slice **shallot(s)** into ¼-inch slices. Thinly slice **basil leaves**.



4 COOK TOFU Using the same pan, increase heat to medium-high. Add **1 tbsp oil**, then **tofu**. Pan-fry, turning **cubes** occasionally, until golden-brown all over, 4-5 min. (**NOTE:** Cook the tofu in two batches for 4 ppl, using 1 tbsp oil for each batch!) Meanwhile, when **noodles** are tender, reserve **½ cup noodle water** (dbl for 4 ppl). Drain and rinse **noodles** under **cold running water**. Set aside.



2 COOK NOODLES Add **rice noodles** to **boiling water** and reduce the heat to medium. Cook, stirring occasionally, until **noodles** are tender, 8-10 min. Meanwhile, pat **tofu** dry with paper towel, then cut into ½-inch cubes. Season with **salt** and **pepper**.



5 ASSEMBLE PAD SEE EW When **tofu** is golden-brown, transfer to a plate and set aside. Using the same pan, add **½ tbsp oil** (dbl for 4 ppl) then **shallots, snap peas, garlic** and **ginger**. Cook, stirring often, until **snap peas** are tender-crisp, 3-4 min. Remove the pan from the heat. Add **noodles, reserved noodle water, vegetarian oyster sauce, soy sauce** and **1 tsp sugar** (dbl for 4 ppl). Gently stir together, until warmed through, 1-2 min.



3 TOAST PEANUTS Heat a large non-stick pan over medium heat. When the pan is hot, add **peanuts** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer **peanuts** to a small bowl and set aside.



6 FINISH AND SERVE Add **tofu** to the pan and stir together until coated. Divide **tofu pad see ew** between bowls. Sprinkle over **Thai basil** and **toasted peanuts**.

AROY DEE!

That means delicious in Thai!

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