

# DINNERLY



## Low-Cal Teriyaki Tofu Stir-Fry with Vermicelli Noodles



25 minutes



2 Servings

Think eating light means eating boring? Not in our book! Our low-cal recipes have all the punchy flavour and excitement you'd expect from us, with less than 599 calories per serve.



### WHAT WE SEND

- 1 bunch pak choy
- 1 capsicum
- 1 carrot
- 2 garlic cloves
- 150g vermicelli noodles
- 50ml teriyaki sauce <sup>1,2,3,4</sup>
- 200g plain tofu <sup>2</sup>

### WHAT YOU NEED

- 1 tbs soy sauce <sup>2</sup>
- 1 tsp sugar
- 3 tsp vegetable oil

### TOOLS

- medium saucepan
- julienne peeler or box grater
- medium deep frypan

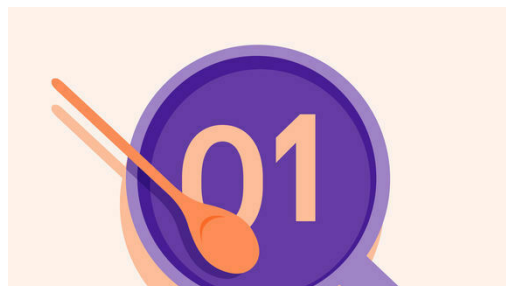
Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Gluten (1), Soy (2), Sulphites (3), Wheat (4).  
May contain traces of other allergens.

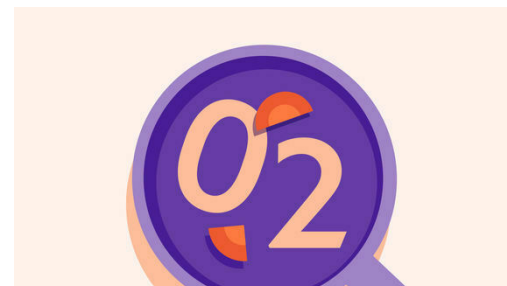
### NUTRITION PER SERVING

Energy 599kcal, Fat 16.8g, Carbs 80.2g,  
Protein 27.4g



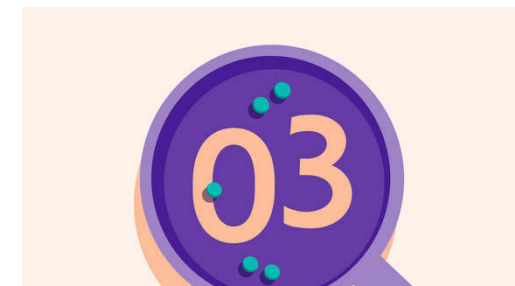
#### 1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Cut the **pak choy** into thirds. Thinly slice the **capsicum**. Shred the **carrot** using a julienne peeler or coarsely grate with a box grater. Crush or finely chop **2 garlic cloves**.



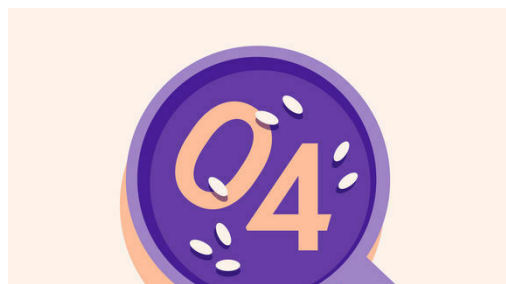
#### 2. Cook noodles

Cook the **noodles** in the pan of boiling water for 7 mins or until tender. Drain, then rinse under hot water to prevent the noodles from sticking. Meanwhile, put the **teriyaki sauce**, **1 tbs soy sauce** and **1 tsp sugar** in a bowl and whisk to combine.



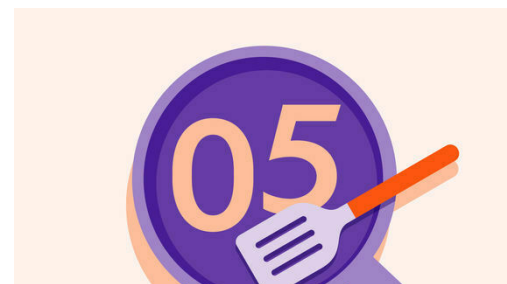
#### 3. Warm tofu

Heat **2 tsp vegetable oil** in a medium deep frypan over medium heat. Cook the **tofu** for 2 mins each side or until golden and warmed through. Remove the tofu from the pan.



#### 4. Stir-fry veggies

Heat **1 tsp vegetable oil** in the same pan over high heat. Stir-fry the **pak choy stems**, **capsicum** and **garlic** for 1-2 mins until softened (see Make it yours). Add the **pak choy leaves** and **carrot** and stir-fry for a further 30 secs or until tender but still with crunch.



#### 5. Serve up

Add the **noodles** and **sauce mixture** to the veggies and stir-fry for 1-2 mins until the noodles are coated and warmed through. Remove the pan from the heat. Taste, then season with **salt and pepper**. Thinly slice the **tofu**. Divide the **noodle stir-fry** among bowls and top with the tofu. Enjoy!



#### 6. Make it yours

Empty out the crisper drawer and boost your veggies by adding whatever you have on hand, from broccoli and mushrooms to snow peas and beans.