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Silky Peanut-Ginger Tofu Noodle Bowls with Linguine and Veggies

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Peanut butter lovers, rejoice! The nutty aroma and subtle creaminess of peanut butter boost this deeply delicious sauce that we're using to coat slurpy noodles and crisp vegetables.

Tags: Veggie

Allergens: Soy • Wheat • Peanuts • Milk • Sulphites

Produced in a facility that processes milk, sesame, eggs, fish, shellfish, crustaceans, mustard, tree nuts, peanuts, wheat, soybean and sulphites.

Preparation Time

30 minutes

Difficulty

Medium

Ingredients

serving amount

2 4



1 unit
Tofu
(Contains **Soy**)



170 g
Linguine
(Contains **Wheat**)



170 g
Vegetable Mix



½ unit
Red Onion



28 g
Peanuts, chopped
(Contains **Peanuts**)



4 tbsp
Ginger Sauce
(Contains **Soy, Wheat**)



4 tbsp
Honey-Garlic Sauce
(Contains **Soy**)



1.5 tbsp
Peanut Butter
(Contains **Peanuts**)



1 tbsp
Beef Stock Powder
(Contains **Soy, Sulphites**)



1 tsp
Garlic Salt

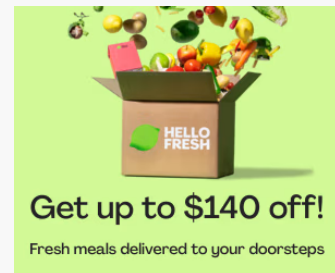
Not included in your delivery



1 tbsp
Butter*
(Contains **Milk**)



½ tbsp
Oil*



Nutrition Values

per serving

per 100g

Calories	970 kcal
Fat	35 g
Saturated Fat	9 g
Carbohydrate	128 g
Sugar	38 g
Dietary Fiber	9 g
Protein	35 g



0.13 tsp
Salt*



0.13 tsp
Pepper*

Cholesterol	15 mg
Sodium	1900 mg
Trans Fat	0.3 g
Potassium	600 mg
Calcium	300 mg
Iron	6.25 mg

Due to the different suppliers we purchase our products from, nutritional facts per meal can vary from the website to what is received in the delivered box, depending on your region.

Utensils

• Large Pot • Measuring Cups • Measuring Spoons • Large Non-Stick Pan • Whisk • Medium Bowl • Colander

Instructions



1

Before starting, wash and dry all produce. Add 10 cups hot water and 2 tsp salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Meanwhile, cut any large broccoli florets into bite-sized pieces. Peel, then cut half the onion (whole onion for 4 ppl) into 1/4-inch slices.



2

Heat a large non-stick pan over medium heat. When hot, add peanuts to the dry pan. (TIP: You can skip this step if you don't want to toast the peanuts.) Toast, stirring often, until golden-brown, 4-5 min. (TIP: Keep your eye on them so they don't burn!) Transfer peanuts to a plate. Add peanut butter and 1/4 cup (1/2 cup) warm water to a medium bowl. Whisk until smooth. Add ginger sauce, honey-garlic sauce and half the beef stock powder. Whisk to combine.



3

Add linguine to the boiling water. Cook uncovered, stirring occasionally, until tender, 10-12 min. Reserve 1/4 cup (1/2 cup) pasta water, then drain and return linguine to the same pot, off heat.



4

Meanwhile, heat the same pan (from step 2) over medium-high. When the pan is hot, add 1 tbsp (2 tbsp) butter, then swirl until melted, 30 sec. Add onions, vegetable mix and 2 tbsp (4 tbsp) water. Season with half the garlic salt and pepper, then stir to combine. Cover and cook, stirring occasionally, until tender-crisp, 3-4 min. Remove from heat. Transfer veggies to a plate, then cover to keep warm. Carefully wipe the pan clean.



5

Reheat the same pan over medium-high. When the pan is hot, add 1/2 tbsp (1 tbsp) oil, then tofu. Cook, stirring often until crispy, 5-6 min. Season with remaining garlic salt, remaining beef stock powder and pepper. Stir to mix. Add sauce mixture. Bring to a simmer. Cook, stirring often, until sauce is warmed through and fragrant, 1 min.



6

Add linguine and veggies to pan with sauce. Season with salt and pepper, then toss to combine. Cook, stirring occasionally, until linguine and veggies are warmed through, 1-2 min. (TIP: For a lighter sauce, add reserved pasta water, 1-2 tbsp at a time, until desired consistency is reached.) Divide linguine and any remaining sauce in the pot between plates. Sprinkle peanuts over top.

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