



Spicy Aubergine & Tofu Peanut Noodles

Indulge in the fiery flavors of our Spicy Aubergine & Tofu Peanut Noodles—a tantalizing blend of roasted aubergine, tender tofu, and vibrant veggies. The rich gochujang peanut sauce adds a spicy kick, while the maple-glazed aubergine provides a hint of sweetness. Tossed with noodles and crunchy sugar snap peas, this dish is a symphony of textures and tastes.

Nutritional Info

Calories: 398.5 kcal
Carbohydrates: 50.5 g
Protein: 16.5 g
Fat: 16 g

Ingredients

- Tofu
- Spring onion
- Coriander
- Sugar snap peas
- Gochujang paste
- Noodles
- Aubergine
- Soy Sauce
- Peanut Butter
- Maple syrup

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens

[Soy \(Tofu, Soy Sauce, Gochujang Paste\)](#)
[Whea \(Gochujang Paste\)](#)
[Peanuts \(Peanut Butter\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the Oven to 180C and Boil the Kettle

Make the stock up to 100ml per person.

2) Prepare the Vegetables

Cut the aubergine in half lengthways then chop into 2cm cubes. Cut the sugar snap peas in half. Finely slice the spring onion and finely chop the coriander. Cut the tofu into cubes.

3) Make the Sauces

To make the aubergine glaze: mix 3 tbsp of soy sauce + 1 tbsp of maple syrup together per aubergine. To make the gochujang sauce: mix the remaining soy sauce, gochujang paste, peanut butter and maple syrup together with 2 tbsp of water per person. Mix really well until combined.

4) Roast the Aubergine

Toss the aubergine in a couple of tablespoons of oil (the oil is important to ensure the aubergine softens) and place on a roasting tray. Place in the oven for 20 minutes. After 20 minutes, add the cubes of tofu to the tray and pour over the soy sauce and maple mix, tossing well to ensure it's completely covered, then put back in the oven for 10-15 minutes.

5) Cook the Noodles

While the aubergine is in its final stages of cooking, add the noodles to a pan of boiling water and cook for 6 minutes, then add the sugar snaps and cook for a final 3 minutes or until the noodles are tender. Conserve some of the noodle cooking water in a mug, then drain. Rinse the noodles in the sieve under the cold water - this will stop them sticking together.

6) Bring it all Together

Return the noodles and peas to the pan to heat them back up and then add the gochujang peanut sauce and beat together, adding enough of the leftover noodle water to create a fairly loose sauce. Once combined, add in the spring onions and coriander giving a final quick mix to combine.

7) Serve the dish

Serve the noodles in bowls and top with the sticky roasted aubergine and tofu cubes.



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