



DropChef Thai Red Tofu Noodle Bowl

Indulge in the vibrant flavors of our Thai Red Tofu Noodle Bowl—a fusion of tender tofu cubes marinated in soy sauce, roasted to perfection, and paired with a fragrant coconut milk and Thai curry paste-infused broth. This bowl bursts with nutritious baby corn and broccoli, adding freshness and crunch to each spoonful. Garnished with fresh coriander, it offers a satisfying and nourishing meal that delights the palate with its bold Thai-inspired spices and comforting warmth.

Ingredients

- Tofu
- Thai red curry paste
- Tenderstem broccoli
- Baby corn
- Fresh coriander
- Egg noodles
- Coconut Milk Can
- Vegetable stock cube
- Soy sauce sachet
- White onion

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 392.5 kcal
Carbohydrates: 61 g
Protein: 9.5 g
Fat: 9 g

Allergens

Soy(Soy Sauce, Tofu)
Nuts(Curry Paste)
Peanuts(Curry Paste)
Egg(Noodles)
Wheat(Noodles)
Celery(Stock cube - may also contain traces of Egg, Soya & Mustard)

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.



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) **Boil the kettle and preheat the oven to 200°C (180°C fan)**

2) **Prepare and marinate the tofu**

Cut the tofu into cubes, about the size of playing dice. Transfer to a bowl and pour over a third of the soy sauce. Mix well and set aside for a few minutes. Spread across a lined baking tray and bake in the oven for 20-25 minutes.

3) **Prepare the vegetables & stock**

Chop the baby corn and broccoli into thirds. Peel the onion, cut in half, and slice thinly. Make the stock up to 200ml per person to use in the soup.

4) **Start cooking the aromatics**

Place a large non-stick saucepan on medium heat with a drizzle of oil. Once hot, add the onion and cook for 3-4 minutes or until softened and beginning to go golden. Add the thai curry paste and stir fry on low for 2-3 minutes to release the flavours.

5) **Make the soup base**

Add the coconut milk, vegetable stock, and remaining soy sauce and mix well. Bring the soup base to the boil.

6) **Cook the rest of the ingredients**

First add the noodles to the soup, then add the vegetables. Use your fork or spatula to loosen the noodles a bit. Give it a stir, then cover the saucepan with a lid and bring to the boil. Turn it down to a simmer and cook for 4-5 minutes or until the noodles are cooked.

7) **Garnish and serve**

Serve the noodles in bowls and garnish with the tofu cubes and fresh coriander. Enjoy!



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