



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...

DAVE'S RECIPE BOX

RICE NOODLES, SEASONAL VEGETABLES AND PEANUT SAUCE STIR FRY



PREP
15 min



COOK
30 min



SERVES
4

INGREDIENTS:

- > 1 Broccoli Head
- > 1 Shallot Bunch
- > 200g Spicy Tofu
- > 125g Bean Sprouts
- > 250g Pad Thai Noodles
- > ½ Coriander Bunch
- > 250ml Satay Sauce
- > 270g Coconut Cream
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > Salt and Pepper
- > 1 Tbsp Sweet Chilli Sauce
- > 1 Tbsp Soy Sauce
- > Fried Shallots

METHOD – GET COOKING!



1

Bring a pot with salted water to a boil.

Wash the shallots, remove the green tips, finely slice them and set aside for garnishing. Chop the rest of the shallots into batons. Wash and chop the coriander. Cut the broccoli into small florets, dice the tofu and set aside.

2

Bring a wok to high heat and drizzle with cooking oil. Add the broccoli florets and sauté for 3 minutes until golden. Remove from wok and set aside.

Add the shallots to the wok and sauté further for 2 minutes. Remove and set aside with the broccoli.

3

Place the noodles into the boiling water, turn off the heat and let them sit for 10 minutes.

Drizzle the wok with more oil. Add the peanut sauce and stir fry for 3 minutes. Add the coconut cream, soy sauce, sweet chilli sauce and the chopped coriander. Cook together for 5 minutes until thickened, stirring occasionally. Add the juice of ½ a lemon and cracked pepper to taste. Add the broccoli, tofu and shallots to the wok and mix well.

Drain the noodles and toss through the sauce. Cook further for 3 minutes.

4

Serve rice noodles peanut sauce hot, garnished with bean sprouts, sliced and fried shallots.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover bean sprouts on an Asian-style salad, Asian curries or in rice paper rolls.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au