

In support of



screen smart
from the start



10-Minute
Prep Meals



Let your child lend
a hand with the prep.
It's an easy way to get
them excited about
what's on the plate.

CREAMY TOFU

★ UDON

Servings

4

Prep Time

10
minutes



Cooking Time

10
minutes

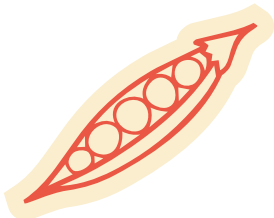


CREAMY TOFU

★ UDON

INGREDIENTS

- 600g udon
- 300g silken tofu
- 150g minced chicken
- 150g edamame
- 1 carrot, finely diced or julienned
- 2 sprigs spring onion
- 1 tbsp oil HCS*
- 3 cloves garlic, minced
- 1 tbsp oyster sauce HCS*
- 1 tsp sesame oil HCS*
- 1 tsp light soy sauce HCS*



Eat All Foods in Moderation

*Use ingredients with the Healthier Choice Symbol (HCS) for a more nutritious meal!

METHODS

1. Prepare the udon according to the packet instructions. Drain and set aside.
2. Heat oil in a pan and cook the minced chicken until lightly browned.
3. Add the garlic, edamame and carrot, then stir-fry for 2 to 3 minutes until the carrot has softened slightly.
4. Add the oyster sauce, light soy sauce and sesame oil. Cook for another 2 to 3 minutes, stirring well to combine.
5. Blend the silken tofu until smooth and creamy.
6. To serve, divide the udon into bowls. Spoon the creamy tofu over the noodles, then top with the chicken mixture. Garnish with spring onions and additional carrot strips, if desired, before serving.



TIP: Preparing one meal for the whole family can save time. For adults who enjoy a little spice, simply add chilli to individual portions before serving.