



Japanese tofu noodle bowl



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp soya sauce dark
- ☐ 2 tbsp seasoned rice vinegar
- ☐ 1 tbsp mirin
- ☐ 200 g spicy tofu dry firm drained cut into 8 cubes
- ☐ 4 servings cornflour for coating
- ☐ 4 servings unrefined sunflower oil for frying
- ☐ 1 bunch asparagus
- ☐ 50 g edamame beans fresh

- ☐ 50 g peas frozen
- ☐ 1 small piece ginger grated
- ☐ 400 g pack straight-to-wok udon noodles
- ☐ 1 leaves coriander to garnish
- ☐ 4 servings chilli oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ tongs

Directions

- ☐ Combine the tamari or soy sauce, vinegar and mirin or sugar in a shallow bowl and stir until dissolved.
- ☐ Place the tofu in the marinade and turn to coat. Leave to absorb the flavours for about 30 mins or more. (If marinating for several hours, keep in the fridge.)
- ☐ When ready to cook, turn the oven on to warm. Scatter the cornflour over a plate.
- ☐ Remove the tofu from the marinade, reserving the marinade, and roll in the cornflour to coat all sides.
- ☐ Heat a wide frying pan over a medium-high and add enough sunflower oil to cover the base of the pan. Fry the tofu, using tongs to turn, until dark golden and crisp all over.
- ☐ Drain on kitchen paper, then keep warm in the oven.
- ☐ Place 1 litre of water in a medium saucepan with the reserved marinade and bring to the boil.
- ☐ Add asparagus, edamame beans, peas, ginger and noodles and return to the boil. Simmer until the vegetables are just tender, about 3–4 mins. Divide between 4 bowls and place 2 tofu cubes in each. Top with coriander leaves and serve drizzled with a little of the chilli oil.

Nutrition Facts



 **PROTEIN 16.1%**  **FAT 32.06%**  **CARBS 51.84%**

Properties

Glycemic Index:82.69, Glycemic Load:38.9, Inflammation Score:-7, Nutrition Score:13.985217550526%

Flavonoids

Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

Nutrients (% of daily need)

Calories: 609.6kcal (30.48%), Fat: 22.34g (34.37%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 81.28g (27.09%), Net Carbohydrates: 71.64g (26.05%), Sugar: 15.67g (17.41%), Cholesterol: 0mg (0%), Sodium: 1959.6mg (85.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.24g (50.49%), Vitamin K: 60.81µg (57.91%), Fiber: 9.64g (38.56%), Vitamin E: 4.9mg (32.66%), Iron: 3.87mg (21.52%), Vitamin A: 962.99IU (19.26%), Folate: 69.4µg (17.35%), Manganese: 0.31mg (15.31%), Vitamin C: 11.45mg (13.88%), Vitamin B1: 0.2mg (13.51%), Copper: 0.26mg (12.93%), Vitamin B2: 0.2mg (11.6%), Calcium: 106.57mg (10.66%), Potassium: 351.59mg (10.05%), Vitamin B3: 1.91mg (9.55%), Phosphorus: 90.69mg (9.07%), Vitamin B6: 0.15mg (7.68%), Magnesium: 26.2mg (6.55%), Zinc: 0.83mg (5.53%), Selenium: 3.02µg (4.31%), Vitamin B5: 0.38mg (3.77%)