



Make-Ahead Peanut Soba Noodles with Tofu and Pickled Bean Sprouts

 Dairy Free

READY IN



490 min.

SERVINGS



2

CALORIES



561 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup bean sprouts
- 2 teaspoons sesame seed white black
- 2.5 tablespoons creamy peanut butter
- 2 teaspoons fish sauce
- 1 teaspoon honey
- 2 servings kosher salt
- 1 tablespoon juice of lime

- 0.5 cup rice vinegar
- 1 teaspoon salt
- 2 spring onion finely sliced
- 4 teaspoons sesame oil
- 4 ounces soba noodles dried
- 1 tablespoon soya sauce
- 1 tablespoon sugar
- 8 ounces tofu dried firm cubed

Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Whisk together 1/2 cup water, vinegar, sugar and salt in small bowl until sugar and salt are dissolved.
- Combine brine with sprouts and scallions in a small sealed container and refrigerate for 1 hour or up to overnight. (This can be done ahead and combined with the salad the next day when serving).
- Whisk together peanut butter, soy sauce, 3 tablespoons warm water, 2 teaspoons sesame oil, fish sauce, honey, lime juice. Cook soba noodles in lightly salted water according to package instructions.
- Drain and run under cold water to cool. Toss together noodles with peanut sauce and sesame seeds to coat.
- Heat remaining 2 teaspoons sesame oil in saute pan.
- Saute tofu until lightly browned on all sides, about 3 minutes.
- Drain on paper towels and season with salt.

Place noodles in containers and top with tofu. Refrigerate until ready to serve. To serve, top with pickled bean sprouts and scallions.

Nutrition Facts



PROTEIN 17.95% FAT 38.17% CARBS 43.88%

Properties

Glycemic Index:167.93, Glycemic Load:28.99, Inflammation Score:-6, Nutrition Score:18.349565349195%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 561.37kcal (28.07%), Fat: 24.76g (38.09%), Saturated Fat: 3.97g (24.8%), Carbohydrates: 64.05g (21.35%), Net Carbohydrates: 60.59g (22.03%), Sugar: 14.26g (15.84%), Cholesterol: 0mg (0%), Sodium: 2876.55mg (125.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.19g (52.38%), Manganese: 1.29mg (64.66%), Vitamin K: 43.19µg (41.14%), Magnesium: 123.45mg (30.86%), Vitamin B3: 5.53mg (27.66%), Phosphorus: 272.78mg (27.28%), Iron: 4.5mg (24.98%), Vitamin B1: 0.37mg (24.92%), Folate: 98.06µg (24.51%), Calcium: 216.66mg (21.67%), Copper: 0.41mg (20.75%), Vitamin B6: 0.34mg (16.96%), Vitamin C: 11.42mg (13.84%), Fiber: 3.46g (13.84%), Vitamin E: 2.07mg (13.82%), Zinc: 1.97mg (13.12%), Vitamin B2: 0.21mg (12.45%), Potassium: 424.27mg (12.12%), Vitamin B5: 1.01mg (10.13%), Selenium: 2.9µg (4.15%), Vitamin A: 135.21IU (2.7%)