



Pad Se Ew Tofu With Vegetable Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces tofu firm cut into cubes
- 1 pound soup noodles
- 2 tablespoons oyster sauce
- 2 tablespoons soy bean paste yellow
- 1.5 tablespoons soya sauce black
- 1 teaspoon sugar
- 1 teaspoon vinegar white
- 0.3 teaspoon pepper white

- 2 heads broccoli chopped
- 1 bell pepper red sliced
- 1 bell pepper yellow sliced
- 1 cup carrots sliced
- 0.5 cup onion (from recipe box)
- 4 garlic clove minced
- 3 eggs
- 1 tablespoon sriracha
- 6 servings vegetable oil for deep fry and stir-fry

Equipment

- wok

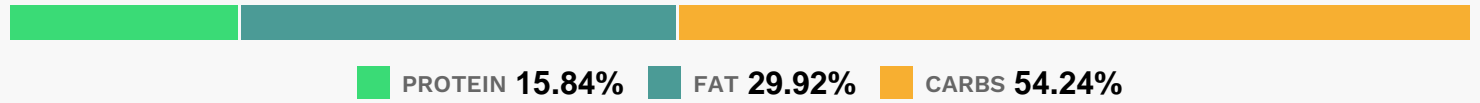
Directions

- Heat up oil to 375 F for deep fry. Deep fry one package of cubed tofu to crispy. They will shrink but crispy like croutons.
- Remove to a prepared tray. Fry the other package until golden brown. We would want to sear them.
- Remove and set aside
- Heat up a wok to medium hi heat until it's hot like it's about to smoke, then add 1 TBS of oil. Swirl it to coat. If you add oil when the wok isn't hot enough, the wok will absorb oil
- Add garlic and stir frequently because it gets burned fast. Crack the eggs. Stir.
- When eggs start to cook, add vegetable-broccoli first because it takes longer to cook, the rest to follow. The tips to using a wok are motion and speed. Swirl it to mix.
- Add roasted onions and keep the food moving
- Add oyster sauce, soy sauce, dark soy sauce, fermented beans, sugar, vinegar, white pepper. Stir to mix. Remember, we want to have crisp veggies so don't overcook.
- Add noodle, stir in between.
- Mix well.

Add tofu. We add tofu last because it has been cooked. We only need to warm it up and coat with seasonings.

The stir-fry process happens fast. That's how to work on a wok-motion and speed!

Nutrition Facts



Properties

Glycemic Index:59.99, Glycemic Load:27.28, Inflammation Score:-10, Nutrition Score:36.651304347826%

Flavonoids

Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 16.04mg, Kaempferol: 16.04mg, Kaempferol: 16.04mg, Kaempferol: 16.04mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 9.65mg, Quercetin: 9.65mg, Quercetin: 9.65mg, Quercetin: 9.65mg

Nutrients (% of daily need)

Calories: 582.74kcal (29.14%), Fat: 19.85g (30.54%), Saturated Fat: 3.49g (21.81%), Carbohydrates: 80.97g (26.99%), Net Carbohydrates: 71.19g (25.89%), Sugar: 9.84g (10.94%), Cholesterol: 81.84mg (27.28%), Sodium: 721.57mg (31.37%), Protein: 23.64g (47.29%), Vitamin C: 247.22mg (299.66%), Vitamin K: 236.53µg (225.27%), Vitamin A: 5609.96IU (112.2%), Selenium: 60.36µg (86.23%), Manganese: 1.28mg (64.12%), Folate: 174.4µg (43.6%), Fiber: 9.78g (39.12%), Phosphorus: 352.1mg (35.21%), Vitamin B6: 0.67mg (33.71%), Potassium: 1035.01mg (29.57%), Vitamin B2: 0.44mg (25.84%), Magnesium: 96.65mg (24.16%), Vitamin E: 3.5mg (23.34%), Iron: 3.84mg (21.31%), Vitamin B5: 2.03mg (20.27%), Copper: 0.4mg (19.77%), Calcium: 191.27mg (19.13%), Vitamin B1: 0.27mg (17.68%), Vitamin B3: 3.48mg (17.39%), Zinc: 2.39mg (15.93%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.44µg (2.93%)