



Sesame-crusted tofu with gingery noodles

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs beaten
- 300 g block tofu dry cut into triangles
- 3 tbsp cornflour
- 3 tbsp sesame seed
- 150 ml unrefined sunflower oil for frying
- 4 carrots cut into matchsticks
- 1 chilli red thinly sliced
- 3 garlic cloves finely sliced

- 50 g stem ginger finely chopped (around 4-5 balls)
- 0.5 bunch spring onion shredded
- 250 g pack egg noodle
- 1 tbsp soya sauce

Equipment

- frying pan
- wok

Directions

- Tip the beaten egg onto a plate and coat the tofu in it. On a plate, mix the cornflour, sesame seeds and seasoning and dip the tofu pieces into it. Set aside.
- Heat the wok and add 2 tbsp of the oil, plus the carrots, and stir-fry until tender, adding a few splashes of water if they start to stick.
- Add the chilli, garlic, ginger and most of the spring onions, and fry for a few more mins. Meanwhile, cook the noodles following pack instructions, drain, then toss into the vegetables, along with the syrup and soy.
- Heat the remaining oil in a large frying pan. Carefully shallow-fry the tofu pieces, a few mins each side, until golden.
- Remove and drain on kitchen paper. Scatter with the remaining spring onions and serve with the noodles and a little extra soy sauce, if you like.

Nutrition Facts

 PROTEIN 22.05%  FAT 55%  CARBS 22.95%

Properties

Glycemic Index:58.46, Glycemic Load:3.33, Inflammation Score:-10, Nutrition Score:20.646956360858%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 337.26kcal (16.86%), Fat: 20.87g (32.1%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 19.59g (6.53%), Net Carbohydrates: 15.85g (5.76%), Sugar: 4.39g (4.87%), Cholesterol: 273.42mg (91.14%), Sodium: 405.61mg (17.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.82g (37.65%), Vitamin A: 10725.38IU (214.51%), Selenium: 25.63µg (36.62%), Vitamin E: 4.16mg (27.72%), Vitamin C: 21.66mg (26.25%), Vitamin B2: 0.41mg (24.33%), Calcium: 231.68mg (23.17%), Phosphorus: 229.61mg (22.96%), Iron: 3.76mg (20.89%), Copper: 0.42mg (20.85%), Manganese: 0.39mg (19.58%), Vitamin B6: 0.38mg (18.91%), Vitamin K: 16.48µg (15.7%), Fiber: 3.74g (14.95%), Folate: 59.44µg (14.86%), Vitamin B5: 1.38mg (13.77%), Magnesium: 50.94mg (12.73%), Potassium: 443.34mg (12.67%), Zinc: 1.75mg (11.67%), Vitamin B12: 0.65µg (10.9%), Vitamin D: 1.47µg (9.8%), Vitamin B1: 0.14mg (9.54%), Vitamin B3: 1.4mg (7.01%)