



Sesame Noodle Salad with Tofu

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings pepper black freshly ground
- 0.5 medium cucumber english halved lengthwise
- 8 ounces tofu cut into 1/2-inch cubes
- 2 tablespoons ginger fresh peeled finely chopped
- 2 medium garlic clove finely chopped
- 2 tablespoons granulated sugar
- 4 servings kosher salt
- 2 tablespoons juice of lemon freshly squeezed (from 1 medium lemon)

- 1 medium bell pepper red cored seeded cut into thin strips
- 0.3 teaspoon pepper red
- 2 medium spring onion light white green thinly sliced (and parts only)
- 2.5 teaspoons sesame oil as needed plus more toasted
- 0.3 cup soya sauce
- 8 ounces udon noodles dried
- 2 tablespoons vegetable oil

Equipment

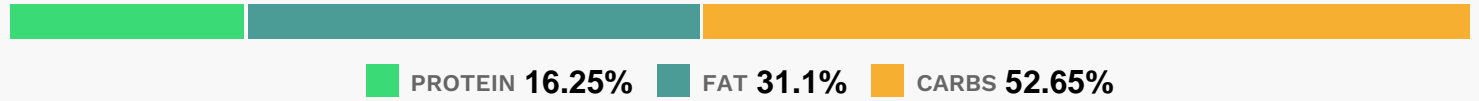
- bowl
- frying pan
- pot
- spatula
- slotted spoon

Directions

- Bring a large pot of heavily salted water to a boil over high heat.
- Add the noodles, stir to combine, and cook according to the package directions.
- Drain, rinse under cold water until the noodles are cool, and drain again; set aside.
- Heat the oil in a medium frying pan over medium-high heat until shimmering.
- Add the tofu and sear without moving until golden brown, about 4 minutes. Flip the tofu cubes and sear until the other side is golden brown, about 3 to 4 minutes. Using a slotted spoon, remove the tofu to a large paper-towel-lined plate and season with salt and pepper.Reduce the heat to low and add the ginger, measured sesame oil, garlic, and red pepper flakes to the pan. Cook, stirring occasionally, until fragrant but not browned, about 30 seconds.
- Remove the pan from the heat, add the soy sauce and sugar, and stir until the sugar has dissolved.Scrape the ginger mixture into a large heatproof bowl with a rubber spatula.
- Add the scallions and lemon juice and stir to combine.

Add the reserved noodles, reserved tofu, bell pepper, and cucumber and toss to combine. Taste and season with more sesame oil as needed. Beverage pairing: Clean Slate Riesling, Germany. This wine results from a partnership between German and American interests, hence the comprehensible, non-Teutonic name. But it's simple: Pure citrus, ginger, and mineral notes make it a perfect match for the noodle salad, and its hint of sweetness means that you can ramp up the chile as much as you want.

Nutrition Facts



Properties

Glycemic Index:74.61, Glycemic Load:25.23, Inflammation Score:-7, Nutrition Score:9.3317390317502%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 380.3kcal (19.01%), Fat: 13.58g (20.89%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 51.71g (17.24%), Net Carbohydrates: 46.83g (17.03%), Sugar: 13.89g (15.43%), Cholesterol: 0mg (0%), Sodium: 1692.47mg (73.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.96g (31.93%), Vitamin C: 44.09mg (53.44%), Vitamin K: 36.3µg (34.57%), Vitamin A: 1083.82IU (21.68%), Fiber: 4.89g (19.55%), Manganese: 0.2mg (9.85%), Calcium: 92.02mg (9.2%), Vitamin B6: 0.17mg (8.29%), Iron: 1.46mg (8.11%), Vitamin E: 1.18mg (7.89%), Folate: 25.7µg (6.43%), Potassium: 201.53mg (5.76%), Vitamin B3: 1mg (5%), Magnesium: 18.44mg (4.61%), Phosphorus: 42.98mg (4.3%), Vitamin B2: 0.07mg (4.24%), Copper: 0.06mg (3.15%), Vitamin B1: 0.05mg (3%), Vitamin B5: 0.28mg (2.8%), Zinc: 0.28mg (1.88%)