



Stir-Fried Noodles with Fresh and Baked Tofu

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large broccoli peeled sliced cut into florets, the stem and
- ☐ 2 carrots peeled thinly sliced
- ☐ 0.3 cup cilantro leaves coarsely chopped for garnish
- ☐ 1 tablespoon garlic chopped
- ☐ 1 tablespoon ginger chopped
- ☐ 1 jalapeno diced seeded
- ☐ 1 onion thinly sliced
- ☐ 3 tablespoons oyster sauce

- ☐ 2.5 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 tablespoon rice wine
- ☐ 4 servings salt
- ☐ 1 bunch spring onion firm cut into 1-inch lengths
- ☐ 6 mushroom caps thinly sliced
- ☐ 4 ounces snow peas trimmed
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 cup water
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons tamari sauce
- ☐ 1 tofu firm drained cut into large cubes
- ☐ 2 chunks spicy tofu thinly sliced
- ☐ 8 ounce extra wide egg noodles chinese
- ☐ 1 bell pepper red yellow halved cut into narrow strips, then

Equipment

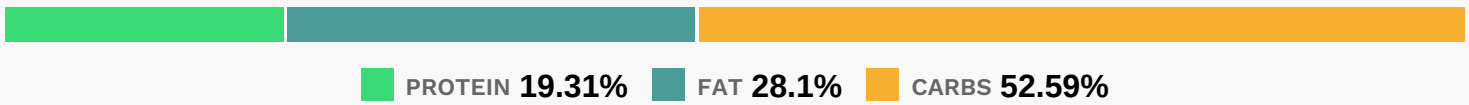
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ wok

Directions

- ☐ Mix the sauce ingredients together and set aside.
- ☐ Bring a pot of water to boil for the noodles and tofu. Reduce it to a simmer, add the cubed tofu and simmer gently for 4 minutes. Lift out the tofu with a strainer and set aside. Return the water to a boil, add the noodles and cook until tender-firm, following the package directions.
- ☐ Drain and rinse under cold water. Toss with 1 tablespoon of the oil and set aside.
- ☐ Set a wok or skillet over high heat.

- ☐ Add the remaining oil, swirl it around. When hot, add the ginger, garlic, chile, and baked tofu. Stir-fry around. When hot, add the ginger, garlic, chile, and baked tofu. Stir-fry for 1 minute, then add onion, mushrooms, broccoli, bell pepper, and carrots. Season with a few pinches of salt and stir-fry, rapidly tossing the vegetables in their pan, for 3 minutes.
- ☐ Now add the snow peas, scallions, and boiled tofu. Stir-fry for 1 minute more, then add the noodles and the sauce. Reduce the heat, toss so that everything is evenly mingled, then cover and cook until the noodles are heated through, a matter of just a few minutes. Turn onto a large platter and garnish with sprigs of cilantro.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From From This Can't Be Tofu! by Deborah Madison Copyright (c) 2000 by Deborah Madison Published by Broadway Books. Deborah Madison's Vegetarian Cooking for Everyone and The Savory Way, each earned the IACP's Julia Child Cookbook of the Year award. Vegetarian Cooking for Everyone also received a James Beard Award, as did Local Flavors, her most recent book. She is also the author of the James Beard Award nominee This Can't Be Tofu! and The Greens Cookbook, which is now a classic. She lives in Galisteo, New Mexico.

Nutrition Facts



Properties

Glycemic Index:113.23, Glycemic Load:22.86, Inflammation Score:-10, Nutrition Score:36.586087050645%

Flavonoids

Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 12.26mg, Kaempferol: 12.26mg, Kaempferol: 12.26mg, Kaempferol: 12.26mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 12.29mg, Quercetin: 12.29mg, Quercetin: 12.29mg, Quercetin: 12.29mg

Nutrients (% of daily need)

Calories: 518.87kcal (25.94%), Fat: 16.64g (25.6%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 70.06g (23.35%), Net Carbohydrates: 60.04g (21.83%), Sugar: 10.84g (12.04%), Cholesterol: 47.63mg (15.88%), Sodium: 1662.56mg (72.29%), Alcohol: 0.6g (100%), Alcohol %: 0.15% (100%), Protein: 25.73g (51.47%), Vitamin C: 217.29mg (263.39%), Vitamin K: 182.81µg (174.11%), Vitamin A: 6610.86IU (132.22%), Selenium: 51.29µg (73.27%), Manganese: 1.19mg (59.38%), Fiber: 10.01g (40.06%), Folate: 156.52µg (39.13%), Vitamin B6: 0.71mg (35.3%), Phosphorus: 335.16mg (33.52%), Potassium: 1032.22mg (29.49%), Iron: 4.96mg (27.58%), Calcium: 265.93mg (26.59%), Magnesium: 97.14mg (24.29%), Vitamin B3: 4.77mg (23.83%), Vitamin B2: 0.39mg (22.7%), Vitamin B5: 2.19mg (21.89%), Vitamin

E: 3.28mg (21.84%), Vitamin B1: 0.31mg (20.86%), Copper: 0.42mg (20.86%), Zinc: 2.33mg (15.54%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.25µg (1.69%)