



Udon Noodle Salad with Broccolini and Spicy Tofu

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces broccolini
- 1 teaspoon sesame oil dark
- 8 ounces water-packed extra-firm tofu
- 1 tablespoon ginger fresh grated peeled
- 1.5 teaspoons kosher salt
- 5 tablespoons vegetable oil; peanut oil preferred divided
- 0.5 cup radishes thinly sliced (3 medium)

- 3 tablespoons rice wine vinegar
- 2 tablespoons dry-roasted cashews toasted chopped
- 2 tablespoons soya sauce
- 1.5 teaspoons sriracha (such as huy fong), divided hot
- 6 ounces udon noodles dried thick uncooked (Japanese wheat noodles)
- 6 cups water

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- aluminum foil
- slotted spoon

Directions

- Cut tofu into 3/4-inch-thick slices.
- Place tofu slices in a single layer on several layers of paper towels; cover with additional paper towels.
- Let tofu stand for 30 minutes to drain, pressing down occasionally.
- Remove tofu from paper towels, and cut into 3/4-inch cubes.
- Preheat oven to 35
- Combine 2 tablespoons peanut oil, tamari, and 1 teaspoon Sriracha in a large bowl, stirring well with a whisk.
- Add tofu cubes to tamari mixture, and toss gently to coat.
- Let stand for 15 minutes.

- Remove tofu from bowl with a slotted spoon; reserve tamari mixture in bowl. Arrange tofu in a single layer on a foil-lined baking sheet coated with cooking spray, and bake tofu at 350 for 10 minutes or until lightly golden.
- Cook udon noodles according to package directions, omitting salt and fat.
- Drain and rinse with cold water; drain well.
- Combine 6 cups water and salt in a large saucepan over high heat, and bring to a boil.
- Add Broccolini to pan; cook for 3 minutes or until crisp-tender.
- Drain and plunge Broccolini into ice water; drain well. Chop Broccolini.
- Add remaining 3 tablespoons peanut oil, remaining 1/2 teaspoon Sriracha, rice wine vinegar, ginger, and sesame oil to reserved tamari mixture in bowl; stir mixture well with a whisk.
- Add baked tofu, udon noodles, Broccolini, and 1/2 cup thinly sliced radishes to bowl; toss gently to coat.
- Sprinkle salad with cashews.

Nutrition Facts

PROTEIN 14.03% **FAT 50.2%** **CARBS 35.77%**

Properties

Glycemic Index:42.33, Glycemic Load:15.26, Inflammation Score:-7, Nutrition Score:8.862608515698%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Nutrients (% of daily need)

Calories: 400.91kcal (20.05%), Fat: 22.76g (35.02%), Saturated Fat: 3.67g (22.96%), Carbohydrates: 36.5g (12.17%), Net Carbohydrates: 32.96g (11.99%), Sugar: 6.45g (7.17%), Cholesterol: 0mg (0%), Sodium: 2001.68mg (87.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.64%), Vitamin C: 55.38mg (67.13%), Vitamin A: 1004.02IU (20.08%), Vitamin E: 2.81mg (18.72%), Copper: 0.29mg (14.54%), Fiber: 3.54g (14.15%), Iron: 1.71mg (9.51%), Phosphorus: 93.61mg (9.36%), Magnesium: 36.06mg (9.01%), Calcium: 77.27mg (7.73%), Manganese: 0.1mg (5.2%), Potassium: 174.32mg (4.98%), Zinc: 0.71mg (4.72%), Vitamin B1: 0.06mg (4.09%), Vitamin B3: 0.6mg (3.01%), Vitamin B2: 0.05mg (2.88%), Vitamin B6: 0.05mg (2.53%), Folate: 8.49µg (2.12%), Vitamin K: 1.98µg (1.88%), Vitamin B5: 0.12mg (1.15%), Selenium: 0.74µg (1.05%)