

Noodle bowl with peanut tofu

Total time **16 mins** 10 mins preparation time 6 mins cooking time

Nutritional facts (per portion):
1,723 kJ / 412 kcal

Fat: **18.4 g** Protein: **21.5 g**
Carbohydrates: **39.5 g**

INGREDIENTS

2 portion(s)

180 g	tofu
1 tbsp	<u>Kikkoman Toasted Sesame Oil</u>
2 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
1 tbsp	peanut butter
2 tbsp	lime juice
1 tbsp	chopped peanuts
0.5	red pepper
0.5	long cucumber
0.5	courgette
40 g	red cabbage
40 g	cooked peas
200 g	cooked rice noodles
2 tbsp	fresh coriander

PREPARATION

Step 1

180 g tofu - **1 tbsp** Kikkoman Toasted Sesame Oil - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** peanut butter - **2 tbsp** lime juice - **1 tbsp** chopped peanuts

Mix the Kikkoman Soy Sauce with the peanut butter and lime juice. Slice the tofu and fry it in the Kikkoman Sesame Oil. Add the sauce mix and fry for a further minute. Sprinkle with the peanuts.

Step 2

0.5 red pepper - **0.5** long cucumber - **0.5** courgette - **40 g** red cabbage - **40 g** cooked peas - **200 g** cooked rice noodles - **2 tbsp** fresh coriander
Slice the vegetables and place them in a lunch box or bowl together with the tofu, cooked peas, noodles and coriander.