

# **Tofu Stir-Fry Noodles: Vegetarian Chow Mein**

Total time **15 mins 10 mins** preparation time **5 mins** cooking time

Nutritional facts (per portion):

1373 kJ / 328 kcal

## **INGREDIENTS**

2 portion(s)

125 g chow mein noodles (½

packet)

**1** shallot

3.5 cloves of garlic0.5 red bell pepper

50 g carrot100 g plain tofu1 tbsp wheat flour

**60 ml** Kikkoman Naturally

Brewed Soy Sauce

**75 ml** water

**1 tsp** potato starch or corn

flour

**50 ml** oil

**50 g** bean sprouts **0.5 tsp** chilli flakes

**2 tbsp** green spring onions

(chopped)

**2 tbsp** Kikkoman Toasted

Sesame Oil

Fat: **5.4 g** Protein: **15.7 g** Carbohydrates: **55.7 g** 

## **PREPARATION**

Step 1

**125 g** chow mein noodles (½ packet) - **1** shallot - **3.5** cloves of garlic - **0.5** red bell pepper - **50 g** carrot

Cook the chow mein noodles according to the packet instructions. Finely chop the shallot and garlic. Cut the bell pepper and carrot into strips.

#### Step 2

**100 g** plain tofu - **1 tbsp** wheat flour - **30 ml** Kikkoman Naturally Brewed Soy Sauce Cut the tofu into cubes, marinate in Kikkoman Soy Sauce and set aside for 5 minutes. Then coat the tofu in flour and fry until golden brown. Transfer to a paper towel.

#### Step 3

**30 ml** Kikkoman Naturally Brewed Soy Sauce - **75 ml** water - **1 tsp** potato starch or corn flour Mix the Kikkoman Soy Sauce with the water and potato starch or corn flour.

### Step 4

**50 ml** oil - **50 g** bean sprouts - **0.5 tsp** chilli flakes - **2 tbsp** green spring onions (chopped) - **2 tbsp** Kikkoman Toasted Sesame Oil Heat the oil in a pan, sauté the shallot and garlic, then add the carrot and bell pepper. Fry for 2-3 minutes. Add the tofu, bean sprouts, and cooked noodles. Mix with the sauce from step 3 and season with chilli flakes and Kikkoman Sesame Oil. Place the finished dish on plates and garnish with the chopped green spring onions.