Dinner

Soba Noodles with Tofu and Vegetables

A fast noodle supper of chewy soba tossed with toasted tofu and flash cooked vegetables in a fragrant ginger, garlic and five spice sauce. A scatter of coriander on top brings it all together.



Vegetarian

10 min	400	55.7 g	15 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 250 g soba noodles
- [ ] 320 g tofu
- [ ] Spray oil of your choice (optional)
- [ ] 1 bunch spring onions, cut into pieces
- [ ] 250 g mixed mushrooms, sliced
- [ ] 2 mixed peppers (green, red or yellow), sliced lengthways
- [ ] 150 g mange tout, sliced lengthways
- [ ] 1 onion, sliced
- [ ] 1/2 shredded cabbage
- [ ] 1 tbsp fresh ginger, grated
- [ ] 1 clove of garlic, crushed
- [ ] Pinch of Chinese five spice
- [ ] 1 tsp reduced salt soy sauce
- [ ] 1 tbsp ketchup
- [ ] Pinch chilli flakes (optional)
- [ ] 1 tbsp fresh coriander, chopped

Nutrition Facts

Per serving

Calories	**400**
Total fat	7 g
Saturated fat	1.2 g
Sodium	Not listed
Total carbs	55.7 g
Fiber	11.5 g
Total sugars	15 g
Protein	22.9 g

Method

- [ ] 1 Cook the soba noodles following the pack instructions and set them aside.
- [ ] 2 Cut the tofu into cubes and toast it in a frying pan, keeping a close eye on it as it browns quickly.
- [ ] 3 If using, spray the pan with spray oil of your choice, place it over a high heat and flash cook the spring onions, mixed mushrooms, mixed peppers, mange tout, onion and shredded cabbage together with the grated fresh ginger and crushed garlic.
- [ ] 4 Toss in the Chinese five spice, reduced salt soy sauce, ketchup and, if using, the chilli flakes, tossing as the vegetables cook until al dente.
- [ ] 5 Add the cooked soba noodles to the pan, garnish with the chopped fresh coriander and serve.

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