Dinner

Tamarind Tofu Noodles with Crunchy Peanuts

Chewy rice stick noodles are stir-fried with a tangy tamarind and brown sugar sauce, golden fried tofu, thin strips of egg omelette and crunchy roasted peanuts, then finished with cucumber matchsticks, coriander, mint, bean sprouts and shallots.



Vegetarian

35 min	485	63.9 g	16.4 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 200 g dried rice stick noodles
- [ ] 3 cloves garlic, peeled and chopped
- [ ] 2 birds eye chilies, deseeded and chopped (optional)
- [ ] 3 coriander roots, roughly chopped
- [ ] 2 teaspoons peanut oil
- [ ] 2 eggs, lightly beaten
- [ ] 1 red onion, finely sliced
- [ ] 1 tablespoon tamarind concentrate
- [ ] 2 teaspoons brown sugar
- [ ] 125 g tofu, cut into 2cm pieces
- [ ] 1/4 cup roasted, unsalted peanuts, chopped
- [ ] 3 cups bean sprouts
- [ ] 6 shallots (green onions) finely sliced
- [ ] 2 tablespoons reduced salt soy sauce
- [ ] 1 tablespoon lime juice
- [ ] 1 lebanese cucumber, cut into matchsticks
- [ ] 2 tablespoons coriander leaves, whole
- [ ] 1 tablespoon mint leaves, whole
- [ ] Lime wedges to serve

Nutrition Facts

Per serving

Calories	485
Total fat	16.7 g
Saturated fat	Not listed
Sodium	430 mg
Total carbs	63.9 g
Fiber	6 g
Total sugars	16.4 g
Protein	16 g

Method

- [ ] 1 Soak the dried rice stick noodles in a large heatproof bowl of boiling water until they are just tender, then drain them.
- [ ] 2 Pound the garlic, birds eye chilies and coriander roots into a paste using a mortar and pestle, or blitz them in a small food processor.
- [ ] 3 Heat 2 teaspoons of the peanut oil in a wok or large frying pan.
- [ ] 4 Tip the lightly beaten eggs into the wok and cook over medium heat, tilting the pan, until the egg is almost set.
- [ ] 5 Slide the omelette out of the wok, roll it up tightly and slice it thinly.
- [ ] 6 Fry the tofu pieces lightly in batches in the wok, then set them to the side.
- [ ] 7 Heat the remaining peanut oil in the wok or frying pan and stir-fry the red onion until soft but not coloured, then add the paste, tamarind concentrate, brown sugar, lime juice and the tofu.
- [ ] 8 Stir-fry for 2 minutes or until fragrant.
- [ ] 9 Add half of the chopped roasted, unsalted peanuts along with the bean sprouts and shallots, and stir-fry until the bean sprouts are just wilted.
- [ ] 10 Add the noodles with the reduced salt soy sauce and lime juice, stir-frying until hot, then remove from the heat.

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- [ ] **11** Scatter the omelette strips, lebanese cucumber, coriander leaves, mint leaves and the remaining roasted, unsalted peanuts, bean sprouts and shallots over the noodles.
- [ ] **12** Serve with lime wedges.