



**Crispy Tofu with
Stir-Fried Noodles
& Pak Choy**

Serves 2 (each serving contains
approximately 480 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

100g dried wholewheat noodles
200g firm tofu
2 scallions
150g sugar snap peas
1 mild red chilli
1 garlic clove
2cm piece fresh root ginger

1 red pepper
100g pak choy
1 tablespoon rapeseed oil (15g)
1 teaspoon toasted sesame oil (5g)
2 teaspoons reduced sodium soy
sauce (10g)
juice of ½ lime

Method

Place the noodles in a pan and cover with boiling water. Cook for 4 minutes or according to packet instructions, then drain and rinse under cold running water.

Drain and dry the tofu out well with kitchen paper and then cut into cubes and put in a bowl.

Trim and finely chop the scallions. Cut the sugar snap peas in half. Cut the red chilli in half, then remove the seeds and thinly slice. Peel and finely grate the garlic and ginger. Remove the seeds from the red pepper and cut into thin slices. Cut the pak choy into slices.

Heat a wok or large frying pan over a high heat. Add the rapeseed with the sesame oil, swirling it up the sides. Add the scallions, chilli, garlic and ginger and stir-fry for 1 minute. Add the tofu and stir-fry for 2-3 minutes until sealed and crisp.

Add all the vegetables to the tofu mixture and stir-fry for another 1-2 minutes, then add the cooked noodles. Toss well, then add the soy sauce and lime juice and mix until well combined and everything is sizzling.

Divide the crispy tofu and stir-fried noodles with pak choy between bowls to serve.