

HEALTHY STICKY TOFU NOODLES RECIPE

☰ Prep: 15 mins
🕒 Cook: 15 mins
🍴 Servings: 2
★ ★ ★ ★ ★

Ingredients

- ▲ 1 1/2 tbs laksa paste
- ▲ 300 g firm tofu, cut into chunks
- ▲ 1 tsp water
- ▲ 100 g rice noodles, to make 2 cups cooked
- ▲ 1 tsp oil
- ▲ 1 bunch bok choy
- ▲ 1 carrot, thinly sliced
- ▲ 1/2 capsicum, thinly sliced
- ▲ 3 tbs reduced-fat coconut milk
- ▲ 2 tsp reduced-salt soy sauce
- ▲ 2 tbs lime juice

Method

1. Put the laksa paste, tofu cubes and water in a bowl and stir to coat the tofu.
2. While tofu marinates, cook noodles according to packet instructions, drain and set aside.
3. Heat oil in a large frypan, and fry the laksa covered tofu pieces until golden (4-5 minutes). Remove from pan and set aside.
4. Pull the bok choy leaves apart, and wash well. Slice up the stems thinly and set aside the leaves. Cook the carrot, capsicum and bok choy stems on a high heat for 2 minutes, or until just soft.
5. Add the coconut milk, soy sauce, lime juice and vegetables to the pan and turn off the heat. Stir to cover the vegetables in sauce.
6. Serve the noodles, tofu and vegetables in a bowl, pouring the pan juices over the top.

Comment:

*To make this dish vegetarian, seafood-free and gluten-free, use a spice paste with no seafood or gluten



Nutrition Information

	per serving	per 100g
Energy	2164 kJ 517 Cal	315 kJ 75 Cal
Protein	29 g	4 g
Fat, total	22 g	3 g
— saturated	4 g	1 g
Carbohydrate	42 g	6 g
— sugars	9 g	1 g
Sodium	1090 mg	159 mg
Fibre	17 g	2.4 g