

# FIONA TUCK

NUTRITION WELLNESS YOGA



## Spicy Vegan Soba Noodles with Sesame Tofu

A delicious bowl of goodness that combines crispy tofu, gluten free buckwheat soba noodles and crunchy cucumber and sugar snap peas with a spicy sauce.

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### Ingredients:

Prep: 15 mins

#### *Spicy Tofu*

Cook: 5 mins

½ cup cornflour

2 tablespoons sesame seeds

300g firm silken tofu, cut into 3cm cubes

Serves: 4

#### *Sauce*

2 tablespoons salt reduced soy sauce

1 ½ tablespoons rice wine vinegar

1 ½ tablespoons coconut sugar

1 tablespoon sesame oil

¼ teaspoon chilli paste

1 tablespoon water

#### *Noodles*

270g (1 packet) buckwheat soba noodles

1 cup edamame beans

1 Lebanese cucumber, halved lengthwise and finely sliced

1 cup sugar snap peas, sliced lengthwise

1 tablespoon sesame seeds

1 small handful coriander leaves

1 nori sheet, finely sliced (optional)

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### Directions:

1. Spread corn flour and sesame seeds over a large plate and season with salt and pepper. Gently toss through tofu cubes until well coated.
2. To make sauce, mix all ingredients in a small jug.
3. Heat oil in a large frying pan over medium heat. Fry tofu 1-2 minutes on each side, turning carefully, until golden brown. Pour over 2 tablespoons of the sauce and cook for 30 seconds or until sauce is thickened.

4. Boil soba noodles in a large saucepan of boiling water for 3 minutes or until just soft. Drain and rinse, then toss through edamame beans, cucumber and sugar snap peas.
  5. Divide noodles between four bowls, top with tofu and pour over remaining sauce.
  6. Sprinkle with sesame seeds, coriander and nori and serve. To assemble tacos, place a handful of cabbage into each tortilla, top with fish strips, avocado lime sauce, coriander and chilli and serve with lime wedges.
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