



No Oil Vegetarian Fried Noodles



Yields 2

Ingredients

- Egg noodles (enough for 2)
- 3 cloves garlic (chopped, sliced or minced)
- 500 ml broth (any kind)
- 1 to 2 Tbsp oyster sauce
- 1 Tbsp dark soy sauce
- 2 Tbsp cornstarch
- 1 pack firm tofu (liquid drained and sliced. Season if desired)
- 1 cup sliced mushrooms (any kind. I used shitake)
- 1 batch spinach (leaves and stems separated and cleaned)
- sliced chili padi (optional)

Method

1. Drain the liquid from the firm tofu first by wrapping it in a clean towel. Place it on a plate, then place another plate on top of the tofu, and a weight on top of the plate, just heavy enough to press down on the tofu, but not so heavy that it crushes it. Leave for 30 minutes to an hour. Then slice the tofu.
2. Heat a pan (non stick, preferably) or wok on high and when it is hot enough, place sliced tofu on the top, preferably without overlapping. Let the remaining liquid still in the tofu dry up first by not stirring the tofu. shake the pan a little to ensure that the tofu does not stick to the pan. Pour a little broth on the tofu, and use a spatula to stir and turn the tofu. Once the broth dries, add more broth and stir. Keep repeating until done. Set aside.
3. Add garlic and mushroom to wok and dry fry for a while. Add broth to moisten and continue stirring, until garlic is cooked and mushrooms are soft.
4. Add broth and spinach stems and stir until stems are softened.
5. Add oyster sauce, dark soy sauce and pepper.

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6. Thicken the gravy with cornstarch and water mixture. Stir constantly.
7. Add egg noodles and stir constantly for about 3 minutes or more, if necessary, to ensure that noodles absorb the gravy.
8. Add spinach leaves. It is ready when spinach leaves have wilted and have been stirred into the noodles.
9. Add tofu on top of noodles and serve with cut chili padi (optional, but really adds the oomph to this dish!)