SVG logo is not supported in PDF. Please upload a JPG or PNG logo in the plugin settings.

Email: shop@example.com Tel: +123 123456789 Web: www.example.com

Asian Noodles with Tofu and Vegetables

Preparation time: 25 min

Cooking time: 20 min

Total time: 45 min

Difficulty: easy

Portions: 2 People

-

10 g ginger

1 Clove(s) garlic

3 tb sesame oil

3 tb lupine sauce

Some salt & pepper

300 g tofu natural

250 g broccoli florets

1 pc red bell pepper

150 g pak choi

150 g mushrooms

1 pc chili pepper

300 g asia noodles

-

1. Peel and finely chop the ginger and garlic, mix with oil and lupine sauce, season with pepper. Albert's Tofu

Natur, cut into bite-sized cubes, coat in the marinade and let it marinate for 30 minutes.

2. Meanwhile, wash and trim the broccoli, if necessary, chop it, blanch it in boiling salted water for about 4 minutes. Drain, rinse with cold water, and let it drain well.

3. Wash and clean the bell pepper, halve it, remove the seeds and white inner membranes, then cut the bell pepper into thin strips. Wash and prepare the Pak Choi, shake it dry, and cut the white part into fine strips (use the green part for other purposes).

4. Clean the mushrooms, and slice them thinly. Wash the chili, halve it lengthwise, remove the seeds, and finely chop it. Cook the noodles according to the package instructions, then drain them.

5. Meanwhile, remove the tofu from the marinade, drain it, and collect the marinade. Sear the tofu quickly. Remove it and set it aside.

6. Sauté the vegetables and mushrooms all around. Mix in the chili and noodles, and stir-fry. Incorporate the tofu and season with the marinade. Serve and enjoy Asian noodles with tofu and vegetables immediately.