



## SESAME ZOODLES WITH BBQ TOFU ( OP W )

Serving: 1

Veg

### *Ingredients*

- For the Sesame Sauce :
  - 1 tbsp Soy Sauce
  - 1 tbsp. Tahini
  - 1 Clove Garlic, grated
  - ½ tsp. Rice Vinegar
  - ½ tsp. Jaggery/Coconut Sugar
  - ½ tsp Ginger, grated
  - ½ tsp Chilli Paste
- For the Zoodles
  - 1 cup Zucchini Noodles
  - ½ cup Snow Peas/Edamame, chopped
  - ½ tbsp. Oil
  - 2 Garlic Cloves, crushed
  - 1 small Carrot, julienned
  - one fourth cup Mushrooms, sliced
  - Broccoli florets 6-7
  - Salt to taste
- For BBQ Tofu :
  - 2 tbsp Tomato Ketchup
  - 1tbsp Jaggery/Coconut Sugar
  - 1 tsp Smoked Paprika or red chilli powder
  - salt to taste
  - ½ tsp Cumin Powder
  - ¼ tsp Pepper
  - 100 g Tofu

### *Preparation Method*

- For Sesame Sauce -Mix all the ingredients to make a homogeneous mix.
- For Zoodles
  - -Heat oil in a pan, add garlic and sauté.
  - -Add rest of the ingredients except zucchini and cook until almost done.
  - -Once done, turn off the heat and once cooled add the noodles and give a toss.
- For BBQ Sauce -Mix all the ingredients to make a sauce.
- For Tofu
  - -Marinate the tofu for an hour in the BBQ sauce.
  - -Cook on a pan till the BBQ sauce is well coated
- serve everything