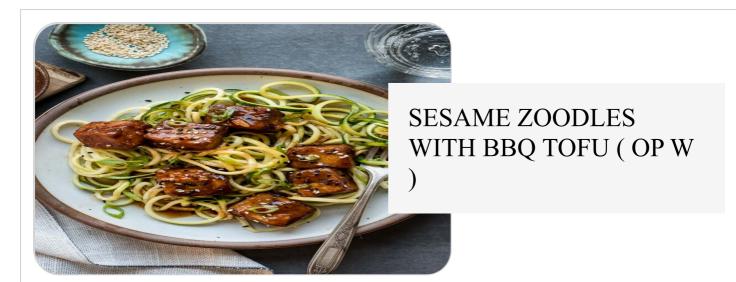


C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



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
- ½ 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