

# Sweet and Sour Tofu with Edamame Noodles

🕒 20 - 30 Mins



1 block of firm tofu, I used Cauldron which is available in most UK supermarkets 2T tamari, you can sub with soya sauce if you're ok with gluten 1T toasted sesame oil 1 red birdseye chilli, the small hot chillies 1 inch of ginger root The juice of half a lime 2 medjool dates, or 4 other dates soaked in hot water to soften for 10 minutes Half a cup of water 100g edamame noodles or rice noodles Sunflower or coconut oil 2 handfuls mangetout 1 red pepper, sliced 2 handfuls beansprouts 1 bunch coriander leaf



## Preparation

Wrap the tofu in a clean cloth, place something flat on top of it, such as a chopping board. Add something heavy. Leave it to press for 1 hour. You can use a tofu press also.

Heat your oven to 200c.

Boil water in your kettle.

## Cooking Instructions

- Cut the tofu into bitesize squares and put it into a tupaware box. Add the tamari and sesame oil, put the lid on and rotate the box until the tofu is covered.
- Place the tofu on a baking sheet and into the oven whilst you cook the rest of the dish.
- Roughly chop the chilli and ginger. Blend these with the lime juice, dates and water.
- Put the hot water from your kettle in a large frying pan on the hob. Bring to the boil and add the noodles. Once cooked drain and set aside, return the pan to the heat.
- Add the oil and the veg, fry on a high heat, stirring occasionally. When the veg starts to char add the noodles, tofu and sauce. Add salt to taste.
- Tear the top leaves from the bunch of coriander. There is no need to chop it with a knife. Add to the dish, stir well and serve.