**Pineapple and Sesame Tofu Noodles**

Total Time 20mins

Prep 10 mins

Cook 10 mins

Servings 4

**Ingredients**

285 g firm tofu, drained and cubed

4 tablespoons soy sauce

2 tablespoons sesame seeds

2 tablespoons honey

1 tablespoon sesame oil

3 tablespoons vegetable oil

1 small pineapple, peeled and chopped

1 bunch spring onion, sliced1

50 g mange tout

1 red chilli pepper, sliced

1 garlic clove, chopped

**Directions**

1. In a large bowl mix the soy, sesame seeds honey and sesame oil.
2. Toss the tofu and leave to marinate for 10 minutes.
3. Heat 2 tbsp of the veg oil and when hot add the drained tofu. Stir fry for 5 minutes until crispy on the outside, remove and keep warm.
4. Add the remaining ingredients and stir fry for two minutes.
5. Return the tofu to the pan along with any leftover marinade and heat for 1 minute.
6. Serve with rice or noodles.