



Recipe photograph by  
Hannah Rose Hughes

# Veg and tofu spicy noodles

Recipe by So Vegan

It's hard to beat a big bowl of spicy and comforting noodles on a cold winter evening. Here, we combine the noodles with some seasonal veggies, crispy tofu and a sweet and sticky sauce for a speedy meal that doesn't disappoint

SERVES: 2 GENEROUSLY    PREP TIME: 20 MINS    TOTAL TIME: 25 MINS

## Nutritional information (per serving)

Calories	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
660Kcal	20gr	3gr	81gr	16gr	12gr	32gr	3.2gr

## So Vegan

Roxy and Ben, the couple behind , have amassed a huge following with their fuss-free vegan recipes. As well as a recipe app, the couple have released two cookbooks, *One Pot Vegan* and *So Vegan in 5*

## Ingredients

1 x 300g pack super-firm  
tofu, drained well

1½ tbsp cornflour

4 tsp vegetable oil

160g dried noodles\* of  
your choice, such as  
udon or soba

3 garlic cloves, sliced  
thinly

1 red chilli, finely  
chopped (deseeded if  
you wish)

½ Savoy cabbage, cored  
and thickly shredded

1 carrot, thinly sliced

1 tbsp dark soy sauce

Privacy

## Step by step

- 1 Chop the tofu into roughly 1cm cubes and pat dry on kitchen paper. Transfer to a bowl, add the cornflour and some seasoning and toss to coat.
- 2 Heat 2 teaspoons of vegetable oil in a wok or large non-stick frying pan on a medium-high heat. Tip the coated tofu into the wok and fry for 6-8 minutes, turning occasionally until the tofu is crispy all over.
- 3 Meanwhile, bring a pan of water to the boil and cook the noodles following pack instructions. Drain well and rinse under cold water.
- 4 Transfer the crispy tofu to a plate and carefully wipe the wok clean. Add another 2 teaspoons of vegetable oil to the wok, stir in the garlic and chilli and fry for 30 seconds. Next add the cabbage and carrot, and fry for 2-3 minutes or until the cabbage begins to char.

1 tbsp light soy sauce

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1½ tsp caster sugar

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1 tsp rice vinegar

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1 tsp sesame oil

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- 5** Stir in the dark and light soy sauces, the sugar, rice vinegar and sesame oil, and stir-fry for 30 seconds. Toss in the crispy tofu and cooked noodles, heat through, then serve in deep bowls.

*\*Make sure to use egg-free noodles to keep this recipe vegan.*