KIKKOMAN

Tofu & mushroom udon-noodle stir-fry

Total time **25 mins** **10 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
2,658 kJ / 635 kcal

Fat: **18 g** Protein: **28 g**
Carbohydrates: **98 g**

INGREDIENTS

2 portion(s)

Tofu:

150 g	tofu
70 ml	Kikkoman Naturally Brewed Soy Sauce
1 tsp	honey
1	garlic clove, chopped
80 ml	rice wine
1	sprig of fresh thyme

Mushrooms:

150 g	oyster mushrooms
150 g	button mushrooms
150 g	wild mushrooms
150 g	Asian mushrooms
3	garlic cloves
1	stick of leek (white part only)
1 handful	of baby spinach
400 g	udon noodles
100 ml	Kikkoman Naturally Brewed Soy Sauce
	1-2 sprigs of fresh thyme (optional)
	Oil for frying (e.g. rapeseed)

PREPARATION

Step 1

Cut the tofu into cubes and place in a bowl. Add the Kikkoman Soy Sauce, honey, garlic, rice wine and thyme. Mix everything thoroughly.

Step 2

Cut the mushrooms into equal pieces. Finely chop the garlic and slice the leek.

Step 3

Heat a little cooking oil in the pan. Drain the tofu from the marinade and fry in the pan until golden brown. Keep the marinade. Remove the tofu from the pan.

Step 4

Heat the pan again and stir-fry the mushrooms over a high heat for 1-2 minutes until they start to brown. Add the garlic and leek and stir-fry for about 1 minute. Add the spinach and tofu and stir-fry together for a further 1 minute. Add the udon noodles, Kikkoman Soy Sauce and herbs and mix well. Add the remaining tofu marinade. Stir-fry everything for about 1 minute.

Step 5

Serve the finished dish on plates.