

# 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.