

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

INGREDIENTS

2 portion(s)

Tofu:

150 g tofu

70 ml <u>Kikkoman Naturally</u>

Brewed Soy Sauce

1 tsp honey

1 garlic clove, chopped

80 ml rice wine

1 sprig of fresh thyme

Mushrooms:

150 g oyster mushrooms150 g button mushrooms150 g wild mushrooms150 g Asian mushrooms

3 garlic cloves

1 stick of leek (white part

only)

1 handful of baby spinach**400 g** udon noodles**100 ml** <u>Kikkoman Naturally</u>

Brewed Soy Sauce 1-2 sprigs of fresh

thyme (optional)
Oil for frying (e.g.

rapeseed)

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

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.