

# Tofu Stir-Fry Noodles: Vegetarian Chow Mein

Total time **15 mins** 10 mins preparation time 5 mins cooking time

Nutritional facts (per portion):  
**1373 kJ / 328 kcal**

Fat: **5.4 g** Protein: **15.7 g**  
Carbohydrates: **55.7 g**

## INGREDIENTS

2 portion(s)

<b>125 g</b>	chow mein noodles (½ packet)
<b>1</b>	shallot
<b>3.5</b>	cloves of garlic
<b>0.5</b>	red bell pepper
<b>50 g</b>	carrot
<b>100 g</b>	plain tofu
<b>1 tbsp</b>	wheat flour
<b>60 ml</b>	Kikkoman Naturally Brewed Soy Sauce
<b>75 ml</b>	water
<b>1 tsp</b>	potato starch
<b>50 ml</b>	oil
<b>50 g</b>	mung bean sprouts
<b>0.5 tsp</b>	chilli flakes
<b>2 tbsp</b>	green spring onions (chopped)
<b>2 tbsp</b>	Kikkoman Toasted Sesame Oil

## PREPARATION

### Step 1

**125 g** chow mein noodles (½ packet) - **1** shallot - **3.5** cloves of garlic - **0.5** red bell pepper - **50 g** carrot

Cook the chow mein noodles according to the packet instructions. Finely chop the shallot and garlic. Cut the bell pepper and carrot into strips.

### Step 2

**100 g** plain tofu - **1 tbsp** wheat flour - **30 ml** Kikkoman Naturally Brewed Soy Sauce

Cut the tofu into cubes, marinate in Kikkoman Soy Sauce and set aside for 5 minutes. Then coat the tofu in flour and fry until golden brown. Transfer to a paper towel.

### Step 3

**30 ml** Kikkoman Naturally Brewed Soy Sauce - **75 ml** water - **1 tsp** potato starch

Mix the Kikkoman Soy Sauce with the water and potato starch.

### Step 4

**50 ml** oil - **50 g** mung bean sprouts - **0.5 tsp** chilli flakes - **2 tbsp** green spring onions (chopped) - **2 tbsp** Kikkoman Toasted Sesame Oil

Heat the oil in a pan, sauté the shallot and garlic, then add the carrot and bell pepper. Fry for 2-3 minutes. Add the tofu, mung bean sprouts, and cooked noodles. Mix with the sauce from step 3 and season with chilli flakes and Kikkoman Sesame Oil. Place the finished dish on plates and garnish with the chopped green spring onions.