KIKKOMAN

Tofu Stir-Fry Noodles: Vegetarian Chow Mein

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

Nutritional facts (per portion):
1,373 kJ / 328 kcal

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

INGREDIENTS

2 portion(s)

125 g	chow mein noodles (½ packet)
1	shallot
3.5	cloves of garlic
0.5	red bell pepper
50 g	carrot
100 g	plain tofu
1 tbsp	wheat flour
60 ml	Kikkoman Naturally Brewed Soy Sauce
75 ml	water
1 tsp	potato starch
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

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.