



## *Vegan Noodle Bowl (15 minute recipe)*

MAIN MEALS

Serves 3-4 people

Ingredients:

- Firm tofu: 220g/7.8oz
- Gluten-free soy sauce: 4 tbl
- Sesame seeds: 2 tbl
- Flat rice noodles: 200g/7oz
- Spring onions/scallions: 2
- Coriander/cilantro: 1 small bunch
- Button mushrooms: 8-10
- Garlic powder: 2.5 tbl
- Frozen corn: 2.5 cups
- Water: 1.75 cups
- Corn flour: 2 tbl
- Courgette/zucchini: 1-2
- Carrot: 1-2
- Yellow capsicum/pepper: 1
- Pepper to taste
- Salt to taste

Method:

### Step 1: Marinate Tofu

Slice your tofu into thick pieces. If you are preparing 4 servings ensure you have 12 pieces, for 3 servings ensure you have 9 pieces. Then place into a bowl along with your soy sauce and sesame seeds. The tofu pieces will be grilled just before you are ready to serve.

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### MAIN MEALS

#### Step 2: Cook Rice Noodles

Cook your noodles based on the instructions provided on the packet, ensure you loosen the noodles up during the cooking process so they don't clump together. The flat noodles I have used for the recipe require 6-8 minutes to cook, I cook these for 7 minutes exact. As soon as the noodles are cooked run them under cold running water, this will ensure the noodles don't overcook, clump together or go mushy.

#### Step 3: The Sauce

Slice your spring onions/scallions and coriander/cilantro and chop your mushrooms into small pieces (refer to recipe video). Place your non-stick pan on medium heat and add these ingredients along with garlic powder, salt and pepper. Cook until soft and then add your frozen corn along with 1.5 cups water and bring to the boil. Then remove  $\frac{2}{3}$  of the mix, blend until smooth and then return to the pan. Mix your corn flour with  $\frac{1}{4}$  cup cold water until the mix is free of lumps. Then add back to the pan and continue to still until the mix is thick, creamy and glossy.

#### Step 4: Cook Tofu and slice/ribbon vegetables

Heat non-stick pan on medium-high heat. Add tofu slices and cook till golden brown. Using your vegetable peeler make ribbons of courgette/zucchini, carrots and yellow pepper (refer to recipe video). Then wash and set aside a few coriander leaves to garnish the bowl.

#### Step 5: Assembly

Generously spoon your sauce into a bowl, then add a handful of noodles, follow with yellow pepper, courgette/zucchini, carrot and garnish with coriander/cilantro leaves.

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