# Sesame Tofu Noodle Bowls

Golden tofu, soft noodles and crunchy vegetables with a ginger-sesame dressing.

**Prep** 15 min **Cook** 20 min **Serves** 3

## Ingredients

- ☐ 14 oz (400 g) firm tofu, drained and cubed
- ☐ 6 oz (170 g) dry rice noodles
- ☐ 1 tbsp neutral oil
- ☐ 1 carrot, grated
- ☐ 1 cucumber, sliced
- ☐ 2 tbsp low-sodium soy sauce
- ☐ 1 tbsp rice vinegar
- ☐ 1 tbsp sesame oil
- ☐ 1 tsp maple syrup
- ☐ 1 tsp grated ginger



Spoon & Joy recipe illustration.

## Before you start

**Watch the noodles**
Rice noodles vary in thickness. Follow the packet, drain as soon as tender, and toss with the dressing before they stick together.

**Timing note**
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

**1.** Press tofu gently in a clean towel for ten minutes.

**2.** Cook rice noodles according to package instructions.

**3.** Heat neutral oil in a skillet and brown tofu on several sides.

**4.** Whisk soy sauce, vinegar, sesame oil, maple syrup and ginger.

**5.** Divide noodles between bowls; add tofu, carrot and cucumber, then toss with sauce.

## Storage & making ahead

Refrigerate noodles, tofu and vegetables separately for 3-4 days. Keep sauce sealed and chilled.

**A useful variation** Use spaghetti if that's what's in your pantry. Press tofu well for better browning.

Read this recipe on Spoon & Joy