



# TOFU SOBA NOODLE SALAD

Serves: 4   Ready in: 20 mins   Cost per serve: \$2.70


## Ingredients

270g dried Soba noodles  
1 medium carrot  
½ cup mushrooms, sliced  
1 capsicum (any colour)  
1 cup broccoli  
1 tbsp canola oil or vegetable oil  
400g firm tofu  
Parsley (optional)  
½ lime (optional)

## Dressing

1 tbsp light soy sauce  
½ tsp sugar  
1 tsp canola or vegetable oil  
1 tsp sesame oil

## ✓ Tips



Colourful meals like this one include many important vitamins and minerals.

Substitute vegetables to your liking e.g. celery, spinach, cabbage, edamame.

For meal prepping in advance, store dressing separately and mix in right before serving.



## Directions

1. In a pot, cook soba noodles according to the package. Drain and immediately cool under running water. Drain and set aside.
2. Boil broccoli until tender. Cut carrot and capsicum lengthwise into thin strips. Set vegetables aside with soba noodles.
3. In the same empty pot, heat vegetable oil over medium-high heat. Add tofu and mushrooms and stir fry for 3-4 minutes until golden brown.
4. In a large bowl, mix all dressing ingredients. Toss vegetables, tofu and noodles with the dressing. Top with parsley and the juice of half a lime if desired.