

HONEY SOY TOFU STIR-FRY NOODLES



 Serves 4

 Prep Time 15 mins

 Cook Time 10 mins

 Easy As



INGREDIENTS

- 180 g dried Udon noodles
- 300 - 400 g firm tofu
- 1 Tbsp sesame oil
- 1 small red onion, sliced lengthwise
- 1 clove garlic, crushed
- 1 tsp fresh ginger, finely grated
- 1 medium carrot, cut into thin matchstick pieces
- 100 g shitake mushrooms, sliced*

METHOD

1. Cook the Udon noodles in plenty of boiling water according to packet instructions. Drain and rinse under cold water.**
2. Pat the tofu dry with paper towels and cut into ½ cm slices.
3. While the noodles are cooking, heat a dash of oil in a wok or frying pan. Add tofu and stir-fry until lightly golden. Remove from the pan and set aside.

- 1 courgette, thinly sliced
- 2 heads bok choy, trimmed, washed and chopped
- ¼ cup **Wattie's Creations Soy and Honey Sauce**
- 2 Tbsp **Wattie's Creations Sweet Chilli Sauce**
- 2 Tbsp water

To garnish:

- Fresh coriander leaves
- Fresh red chillies, thinly sliced

4. Add sesame oil to the pan. Add onion, garlic and ginger and stir-fry over a medium low heat until onion starts to soften. Add carrot and mushrooms and stir-fry for 2 minutes, then add courgette and bok choy. Stir-fry until vegetables are wilted. Return tofu to the pan. Pour over **Wattie's Creations Soy and Honey Sauce**, **Wattie's Creations Sweet Chilli Sauce** and water. Add prepared noodles and toss together until hot. Serve garnished with fresh coriander leaves and red chillies.

SWAP IT OUT

- *Replace shitake mushrooms with button mushrooms if wished.
- Replace tofu with chicken strips if wished - cooking time will increase, make sure chicken is cooked before removing from the pan as per step 2.