



B.PRO

Rice noodles with spicy tofu

Ingredients:

400 g tofu
 2 tbsp sesame oil
 300 g medium rice noodles
 2 spring onions
 4 tbsp oil
 4 tbsp soy sauce
 2 tsp sambal oelek
 Salt
 100 g bean sprouts
 4 tsp coriander

Accessories:

Pasta cooker
 Induction wok
 Griddle

Preparation:

Crumble the tofu and mix together with 2 tbsp soy sauce, 1 tbsp sesame oil and the sambal oelek. Cook the noodles in salted water until al dente. Wash the spring onions and cut into thin rings. Wash the bean sprouts. Heat the oil in the wok. Add the tofu and fry over a high heat for approx. 1 min. Add the bean sprouts and spring onions and fry for approx 1 min. Drain the noodles in a sieve and stir in with the residual moisture. Stir in the remaining soy sauce and sesame oil. Season with salt if necessary and sprinkle with coriander to serve.

Notes:

Preparation time: approx. 30 min. / difficulty levels: easy/
 calories p.p.: approx. 550

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436 g CO₂ per portion

72 % less CO₂ than the average when preparing this recipe.

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