

BUCKWHEAT NOODLES WITH TOFU

Prep Time: 10 Mins

Cook Time: 15 - 20 Mins

Total Time: 25 - 30 Mins

INGREDIENTS

- 8 oz soba Noodles
- 1/4 cup rice wine vinegar
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp honey
- 1 clove garlic, chopped finely
- 1 tps grated ginger
- 2 green onions, thinly sliced
- 2 tbsp chopped fresh cilantro leaves
- 1 tps sesame seeds
- A few organic sprouts or micro greens to top
- 14 oz extra-firm tofu, patted dry and cut into 3/4-inch cubes

GREAT COMBO
OF FLAVOURS

INSTRUCTIONS

1. In a large pot of boiling water, cook noodles according to package instructions. Rinse under cold water and drain; set aside.
2. In a small bowl, whisk together rice wine vinegar, soy sauce, sesame oil, raw local honey, garlic and ginger.
3. In a large bowl, combine noodles, rice wine vinegar mixture, green onions, cilantro and sesame seeds.
4. In a separate pan, heat 1 tbsp oil medium-high heat. Allow oil to get hot then add the cubed tofu pieces. Add a light sprinkles of fine sea salt to each piece of tofu while its cooking. You want the Tofu to be lightly browned on all sides so make sure you flip each piece every 30 seconds or so. Alternatively you can just stir them around making sure they're being flipped no an uncooked side, about 5 minutes.
5. Once tofu is cooked, top each noodle bowl with cooked tofu and a few sprouts or micro-greens and serve.



RECIPES BY

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