

Tofu & Chinese Broccoli with Soba Noodles

Yield: 2 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-ginger-chinese-recipe>

Ingredients:

- 2 cloves garlic
- 2 scallions
- 8 ounces Chinese broccoli
- 1 lime
- 1 package extra firm tofu
- 1 piece ginger
- 1 stalk lemongrass
- 8 ounces soba noodles
- 2 tablespoons mirin
- 2 tablespoons soy sauce
- 2 teaspoons sesame oil
- 2 Bird's eye chilies
- 1/4 cup hoisin sauce

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 122 grams
3. Fat: 8 grams
4. Fiber: 7 grams
5. Protein: 21 grams
6. SaturatedFat: 1 grams
7. Sodium: 2330 milligrams
8. Sugar: 12 grams

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