

Stir Fried Noodles with Crispy Tofu

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-stir-fried-udon-recipe>

Ingredients:

- 3/4 pound firm tofu drained and cut in 3/4-inch, 2 cm cubes
- 1 tablespoon cornstarch
- 6 teaspoons vegetable oil divided
- 1/2 pound shitake mushrooms fresh, thinly sliced
- 4 cloves garlic minced
- 1 tablespoon peeled fresh ginger grated
- 3 cups broccoli florets bite-size
- 3 tablespoons hoisin sauce
- 1 tablespoon soy sauce
- 1 teaspoon Asian chili sauce such as sriracha
- 3 packages fresh udon noodles each 200 g
- 2 green onions thinly sliced
- 1 teaspoon sesame oil

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 22 grams
3. Fat: 16 grams
4. Fiber: 6 grams
5. Protein: 18 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 480 milligrams
8. Sugar: 5 grams

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