

Japanese Tofu Noodle Bowl

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-tofu-noodle-recipe>

Ingredients:

- 3 tablespoons tamari soy sauce
- 2 tablespoons seasoned rice vinegar
- 1 tablespoon mirin or 2 tsp caster sugar
- 7 ounces firm tofu drained, patted dry and cut into 8 cubes
- cornflour for coating
- sunflower oil for frying
- 1 bunch asparagus base of stalks snapped off, cut diagonally into about 4 pieces
- 6 3/4 tablespoons frozen edamame beans or fresh
- 6 tablespoons frozen peas
- 1 piece ginger grated
- 7/8 pound udon noodles pack straight-to-wok
- coriander leaves to garnish, optional
- chilli oil to serve

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 83 grams
3. Fat: 16 grams
4. Fiber: 8 grams
5. Protein: 24 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 2620 milligrams
8. Sugar: 3 grams

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