

Japanese Tofu Noodles

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 300 grams soba Japanese buckwheat noodles
- 1 tofu pc Firm yellow, tua kwa, slice and pan fry for a few minutes
- 1 japanese cucumber shredded
- 1/2 carrot shredded
- 3 tablespoons soy sauce
- 2 teaspoons dashi powder Instant
- 1 tablespoon mirin
- 1 cup water
- 1 teaspoon corn flour + 2tsp water as thickening
- 1/2 teaspoon wasabi paste or more for extra kick, optional

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 62 grams
3. Fat: 1 grams
4. Fiber: 1 grams
5. Protein: 12 grams
6. Sodium: 1280 milligrams
7. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Japanese Tofu Noodles above. You can see more 20 recipe with japanese tofu Savor the mouthwatering goodness! to get more great cooking ideas.