

Lazy Day Peanut Noodle Salad

Yield: 7 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/tofu-salad-tofu-salad-recipe-indian>

Ingredients:

- 8 ounces soba noodles
- 1 bunch asparagus spears ends trimmed then cut into 1/2-inch segments
- 3/4 cup creamy peanut butter
- 1/4 cup rice vinegar brown
- 2 cloves garlic crushed and chopped
- 1 dash toasted sesame oil drizzle
- 1 pinch crushed red pepper flakes
- 3/8 cup hot water
- 1 bunch spring onions or scallions, thinly sliced
- 1/2 cup peanuts
- 12 ounces tofu extra-firm, organic, cut into small cubes, feel free to heat the tofu in a skillet if you like, but cold is good too

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 35 grams
3. Fat: 22 grams
4. Fiber: 4 grams
5. Protein: 19 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 390 milligrams
8. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Lazy Day Peanut Noodle Salad above. You can see more 16 tofu salad tofu salad recipe indian Cook up something special! to get more great cooking ideas.