

# Tofu Noodle Stir-Fry with Spring Vegetables

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/vermicelli-vietnamese-recipe-spring-rolls>

## Ingredients:

- 14 ounces extra firm tofu cut into 3/4-inch cubes
- 4 tablespoons tamari
- 1 tablespoon toasted sesame oil
- 1/2 teaspoon red pepper flakes
- 3/4 cup stir fry sauce tahini, or peanut sauce, DIY or store-bought
- 4 ounces vermicelli thin rice noodles, we like Thai Kitchen
- 2 tablespoons toasted sesame oil
- 4 stalks green onion thinly sliced
- 2 cloves garlic minced
- 8 cups vegetables chopped, \*, cut into bite-sized pieces — see photo // we used 2 cups broccoli, 2 cups carrot ribbons, 2 cups baby bo...
- freshly chopped cilantro
- sliced green onion
- sesame seeds
- lime wedges
- Sriracha or other hot sauce

## Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 99 grams
3. Cholesterol: 5 milligrams
4. Fat: 26 grams
5. Fiber: 20 grams
6. Protein: 34 grams
7. SaturatedFat: 3 grams
8. Sodium: 2030 milligrams
9. Sugar: 17 grams

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