

Cool Vegan Noodle Salad With Seared Tofu

Yield: 5 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-tofu-watercress-recipe>

Ingredients:

- 1 inch fresh ginger peeled
- 1 garlic clove small, peeled
- 1/4 cup almond butter I used a roasted + salted one
- 1 tablespoon gluten free tamari
- 1 tablespoon fresh lime juice reserve zest for salad ingredients below
- 1 teaspoon agave nectar
- 1/2 teaspoon chili flakes
- 1/4 cup water filtered
- 1/2 package brown rice noodles /spaghetti etc., about 6 ounces
- 1 zucchini
- 1/2 cup fresh peas shelled
- 1 handful snap peas fresh
- 3 handfuls watercress fresh, or baby arugula, sliced kale, baby mustard greens etc.
- 2 tablespoons thai basil chopped, or regular basil
- 1 green onions sliced
- 2 peaches medium
- 2 teaspoons coconut oil
- 1/2 package tofu firm organic, patted dry, about 8 ounces/227 grams
- 1 pinch chili flakes
- 1 teaspoon lime zest
- 1 tablespoon sesame seeds
- 3 tablespoons raw almonds chopped
- salt
- pepper

Nutrition:

1. Calories: 200 calories

2. Carbohydrate: 17 grams
 3. Fat: 13 grams
 4. Fiber: 5 grams
 5. Protein: 7 grams
 6. SaturatedFat: 2.5 grams
 7. Sodium: 170 milligrams
 8. Sugar: 8 grams
-

Thank you for visiting our website. Hope you enjoy Cool Vegan Noodle Salad With Seared Tofu above. You can see more 17 vietnamese tofu watercress recipe Unleash your inner chef! to get more great cooking ideas.