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Sesame Crusted Tofu with Soba Noodles

This simple yet delicious dish is sure to be a regular in your home. For starters, you can whip up the whole lot in 30 minutes, including this crisp, sesame-crusted tofu. This recipe makes for great leftovers too and might even taste better the next day!



Prep: 15 mins



Cook: 15 mins



Total: 30 mins



level 2



high protein



high fibre

Pantry Items



Olive Oil



Sesame Oil



Soy Sauce



Plain Flour



Soba Noodles



Baby Corn



Carrot



Coriander



Spring Onions



Lemon



Ginger



Honey Soy Tofu







Sesame Seeds

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2P	4P	Ingredients
2/3 packet	1 1/3 packets	soba noodles
1 packet	2 packets	baby corn
1	2	carrot, peeled & cut into thin matchsticks 
1/2 bunch	1 bunch	coriander, leaves picked 
1 bunch	2 bunches	spring onions, finely sliced
1/2	1	lemon, juiced 
1 knob	2 knobs	ginger, peeled & finely grated
1/2 tsp	1 tsp	sesame oil *
3 tsp	6 tsp	salt-reduced soy sauce *
1 tbs	2 tbs	olive oil *
1 tbs	2 tbs	plain flour *
1 tbs	2 tbs	sesame seeds
1 packet	2 packets	honey soy tofu

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2640	Kj
Protein	29.7	g
Fat, total	22	g
-saturated	2.8	g
Carbohydrate	74	g
-sugars	10.5	g
Sodium	1330	mg



You will need: *chef's knife, chopping board, vegetable peeler, fine grater, large saucepan, large bowl, small bowl, plate and a medium frying pan.*

1 Bring a large saucepan of water to the boil. Add the **soba noodles** and cook for **2 minutes**. Add the **baby corn** and **carrot** and cook for a final **2 minutes**. Drain. Transfer to a large bowl and toss through the **coriander** and **spring onion**.



2 In a small bowl combine the **lemon juice**, **ginger**, **sesame oil**, **salt-reduced soy sauce**, and half of the **olive oil**.

3 Combine the **plain flour** and **sesame seeds** on a plate. Press each piece of **honey soy tofu** into the sesame seed mixture, flip and repeat so that all sides are coated.



4 Heat the remaining olive oil in medium frying pan over a medium-high heat. Add the tofu and cook for **1 minute** on each side or until golden and toasted. Remove from the pan and cut into 2 cm thick slices.

5 Divide the soba noodle salad between bowls and top with the sesame crusted tofu. Drizzle with the dressing just before serving.



Did you know? The sesame plant is called a “survivor crop” because it can withstand drought and continue growing.