



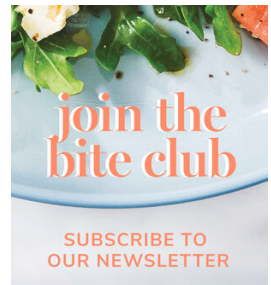
creamy peanut noodles with tofu

If there was ever a customizable recipe, this is it. As written, tender udon noodles are tossed in a smooth and creamy peanut butter sauce (so lip-smackingly good it should be bottled!), along with sautéed tofu, red peppers and edamame. Don't prefer tofu? Swap it out for chicken or shrimp and add veggies of your choice, with the same delicious results.

SERVES: 6-8



julie albert & lisa gnat



ingredients

- 1lb udon noodles
- 1(350g/12oz) package extra firm tofu
- 1 tbsp vegetable oil
- 2 cups shelled edamame, steamed and drained
- 1 red bell pepper, thinly sliced
- 1 medium carrot, peeled and coarsely grated
- 1 cup bean sprouts

Creamy Peanut Butter Sauce

- ½ cup smooth peanut butter
- ¼ cup soy sauce
- ¼ cup warm water
- ¼ cup chopped Italian flat leaf parsley
- 2 tbsp rice vinegar
- 1 tbsp fresh lime juice
- 1 tbsp honey
- ½ tsp lime zest
- ¼ tsp Sriracha

Garnish

- 1/3 cup chopped roasted, salted peanuts
- 2 tbsp chopped Italian flat leaf parsley
- Lime wedges

directions

1. In a large pot of boiling salted water, cook udon noodles until tender. Drain and rinse under cold water. Drain again and set aside.
2. Cut tofu into 1-inch cubes lay on paper towels to absorb excess moisture. Heat vegetable oil in a medium skillet over medium-high heat. Sauté the tofu for 2-3 minutes on each side to lightly sear the outside set aside.
3. For the peanut sauce, combine the peanut butter, soy sauce, water, parsley, rice vinegar, lime juice, honey, lime zest and chili sauce in a blender until smooth.
4. In a large bowl, toss together udon noodles, tofu, peanut sauce, edamame, red pepper, carrots and bean sprouts. Mix to coat well. Garnish with chopped peanuts, parsley and lime wedges. Serve immediately.

“All the dreamers in all the world are dizzy in the noodle.”

— EDIE ADAMS

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