

Peanut Noodles with Seared Tofu - Virtual

This recipe is a low-sodium dish that is packed with spicy, sweet and umami flavors that will make your taste buds happy and keep you from needing to reach for the saltshaker.

YIELD 4 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 50 MIN
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INGREDIENTS

For the Noodles:

4 ounces Rice Noodles, medium width

For the Tofu:

½ (14oz block) Tofu, firm
1 tsp Toasted Sesame Oil
⅛ tsp Kosher Salt
To taste Black Pepper

For the Sauce:

¼ cup Water
3 Tbsp Peanut Butter, natural, no sugar added
2 Tbsp Soy Sauce, reduced sodium
1 Tbsp Honey
1 tsp Sriracha
1 each Lime, juiced

For the Vegetables:

1 tsp Toasted Sesame Oil
1 crown Broccoli, cut into small florets (about 4 cups)
½ cup Edamame fresh or frozen (thawed), shelled
1 large Carrot, peeled, grated
1 cup Red Cabbage, finely shredded
1 stalk Green Onion, sliced thin
¼ cup Cilantro, chopped, loose packed
3 Tbsp Peanuts, roasted, unsalted, chopped
1 each Lime, cut into wedges for garnish

DIRECTIONS

1. Gather all ingredients and equipment.
2. Open the package of tofu and drain the water from it. Cut the tofu into 1" thick, rectangular planks. Press the tofu until the moisture is removed, about 5-10 minutes (see chef's note).
3. Meanwhile, bring a medium saucepot of water to a boil. Once boiling, place the rice noodles into the pot and turn the heat off. Allow the noodles to sit in the hot water and stir gently. Let the noodles soak until they are tender, but not mushy, about 20 minutes.

CHEF'S NOTES

Tahini or seed butter like sun butter can be substituted for the peanut butter and peanuts for a nut-free version of this dish.

This Asian inspired peanut noodle dish makes for great leftovers, served hot or cold. For a tangier dish, you can add extra vinegar or lime to the sauce.

Pressing the tofu removes as the liquid from the tofu and helps tofu hold its shape when it is cooked. This is usually done by placing the tofu between layers of paper towels or dishtowels on a plate, weighed down with objects such as cans of food or a pan.

4. While waiting for the water to boil and the noodles to soak, cut the vegetables according to ingredient instructions above.
5. Heat a medium **nonstick** sauté pan over medium-high heat and add 1 tsp of sesame oil. When the oil is hot, arrange the tofu planks in a single layer in the pan. Do not stir. Allow the tofu to create a dark golden-brown crust on one side, then flip and repeat the cooking process. Remove seared tofu planks once they are golden-brown on both sides and place on a plate or cutting board and cut into cubes. Set the tofu and sauté pan aside.
6. In a small jar, combine the water, peanut butter, soy sauce, honey, sriracha, and lime juice. Place a lid on the jar and shake to combine well. Set aside.
7. Heat the same **nonstick** sauté pan over medium heat and add 1 tsp of sesame oil. When the oil is hot, add the broccoli and sauté until bright green and steam releases, about 3-5 minutes. Then add the edamame to the pan and let it cook until slightly browned, about 1-2 minutes. Add the carrot and cabbage and cook for 1-2 minutes. Reduce the heat to low and add the reserved peanut sauce, green onion, cilantro, and chopped peanuts. Mix well and let the sauce thicken for about 2-3 minutes. If the sauce gets too thick, add small amounts of water until the desired consistency.
8. Once the noodles are done soaking, strain them and discard the water. Add the noodles and tofu cubes into the sauté pan and toss gently with tongs until thoroughly coated and combined. Serve warm or cold, as desired.

Nutrition Facts	
4 servings per container	
Serving Size	about 1 1/2 cups (325 g)
Amount per serving	
Calories	410
% Daily Value *	
Total Fat 16g	21%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 510mg	22%
Total Carbohydrate 49g	18%
Dietary Fiber 8g	28%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 21g	43%
Vitamin D 0mcg	0%
Calcium 60mg	5%
Iron 2mg	10%
Potassium 600mg	14%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

