

2 minute noodles



Makes 4 serves



10 minutes Prep, 2 minutes cooking



Spring



Bok Choy

INGREDIENTS:

- 600g of firm tofu cut into small pieces.
- 200g Rice Vermicelli Noodles.
- 2 bunches of Baby Bok Choy- leaves removed from stalk.
- 6-8 mushrooms - sliced finely.
- 1 medium carrot- grated.
- Any other veggies you have growing.

Sauce:

- 1 Tbs miso paste.
- Chopped garlic or garlic paste.
- 1Tbs salt reduced vegetable stock powder.

METHOD:

1. Using a medium size pan, add 1-2 tablespoon extra virgin olive oil on medium heat. Lightly pan fry firm tofu pieces for 1-2 minutes on each side until lightly brown. Then set aside to cool.
2. Take the leaves off the baby bok choy's stem and set aside.
3. Add 50g serve of dry vermicelli noodles in a glass container.
4. Place mushrooms, carrots, bok choy, and any other vegetables into the same glass container.
5. Add stock powder, miso, garlic, and if you like, chilli.
6. Add in 150g of lightly pan fried tofu.
7. When you're ready to eat, pour boiling water to cover the noodles. It will take a couple of minutes for them to soften.
8. Sprinkle fresh herbs on top.
9. Serve and enjoy!

TIPS:

- *You can swap out any veggies for those in season or you have on hand.*
- *You can save time and use flavored tofu. If you do this, reduce the miso and stock amounts in step 4.*
- *Other proteins would also work well, for example cooked chicken.*
- *You can buy the vermicelli noodles in pre-portioned packets.*
- *This makes a great meal prep for a work week of lunches.*
- *Bok Choy, beans sprouts and shallots can all be regrown.*

Share it with us!

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