

World's Best Diet

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Soba Noodles with Tofu, Ginger and Sugar Snaps

Free recipe SOBA NOODLES WITH TOFU, GINGER AND SUGAR SNAPS from World's Best Diet page 122

Serves 1

40 g dried soba noodles
60 g sugar snap peas, trimmed and sliced
90 g marinated firm tofu, thinly sliced
¼ red capsicum (pepper), seeded and thinly sliced
30 g Asian salad leaves or baby spinach leaves
2 teaspoons salt-reduced soy sauce
1 teaspoon mirin
½ teaspoon grated ginger

Cook the soba noodles in a saucepan of boiling water according to the instructions on the packet or until al dente, adding the sugar snap peas for the last 30 seconds of cooking. Drain and refresh under cold running water.

Put the noodles, sugar snap peas, tofu, capsicum and salad leaves in a bowl.

Add the combined soy sauce, mirin and ginger and gently toss to combine.

[Ratio (Carb:Protein) = 1:1 Per Serve; Energy (kJ) 830 kJ (200 cal); Protein (g) 16; Carbohydrate (g) 12; Fibre (g) 11; Fat (g) 7; Saturated Fat (g) 1; Sodium (mg) 399]

