



Tips For Fussy Eaters

Can't handle the heat? Go easy on the chilli!

Pro Tip

The key to crispy tofu is a hot pan, a generous amount of oil and patience. Once you've added the tofu to the hot pan, don't touch it for a while. Turn only once it's caramelised.

Light and full of fresh flavours!

Cooking Time: 40 min | Dairy-Free
Cals 673 | Prot 23 | Carbs 93 | Fat 27

Ingredients For 2 For 3 For 4

Lemongrass tofu

Firm tofu	500	500	1000	Grams
Lemongrass	1	1	1	Piece
Garlic cloves	2	2	4	Piece
Soy sauce	20	20	40	ML
Agave syrup	10	15	20	ML
Corn starch	60	60	120	Grams
Salt	0.5	0.5	1	Tsp

Salad

Carrot	1	1	2	Piece
Bean sprouts	75	100	150	Grams
Large red chilli	1	1	2	Piece
Fresh coriander	15	15	15	Grams
Fresh mint	10	10	10	Grams
Glass noodles	100	200	200	Grams
Salted peanuts	40	60	80	Grams

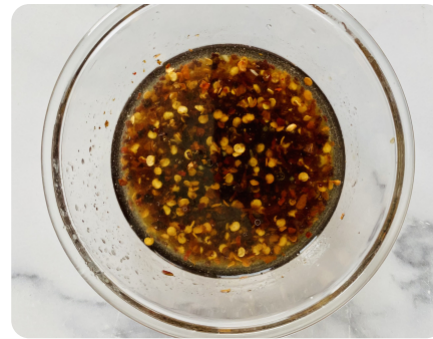
Dressing

Lime	2	3	4	Piece
Rice vinegar	15	22	30	ML
Tamari	15	22	30	ML
Sesame oil	15	22	30	ML
Vegetable oil	1	1	2	Tbsp
Brown sugar	5	5	10	Grams
Sesame seeds	10	15	20	Grams



1 Prep glaze

Remove the dry outer layer of the **lemongrass** stalk. Finely slice the **lemongrass**. Peel and mince the **garlic**. In a small bowl combine the **lemongrass**, **garlic**, **soy sauce** and **agave syrup**. Mix well. This is your **glaze**.



2 Prep dressing

Juice the **limes** into a second small bowl. Add the **rice vinegar**, **tamari**, **sesame oil**, **vegetable oil**, **brown sugar** and **sesame seeds**. Mix well. This is your **dressing**.



3 Prep salad

Peel the **carrots** and cut them into thin matchsticks. Rinse and dry the **bean sprouts**. Finely slice the **chilli**. Pick the **coriander** and **mint** leaves.



4 Prep tofu

Drain and gently squeeze the **tofu** to remove any excess liquid. Chop the **tofu** into bite-size cubes. Add the **corn starch** and **salt** to a plate. Turn the **tofu** cubes in the **corn starch**.



5 Fry tofu

Heat a large non-stick pan over a medium-high heat with a generous drizzle of **vegetable oil**. Once hot, add the **tofu** cubes and fry for 5-7 min until golden and crispy on all sides. Add the **glaze** and cook for a final 1 min.



6 Soak noodles

Meanwhile, boil a kettle. Pour the boiling water over the **noodles** and cover for 3 min. Drain the **noodles** and immediately divide among bowls. Top with the **tofu**. Add the **carrots**, **bean sprouts**, **chilli (spicy!)**, **coriander**, **mint** and **peanuts**. Drizzle with the **dressing**.