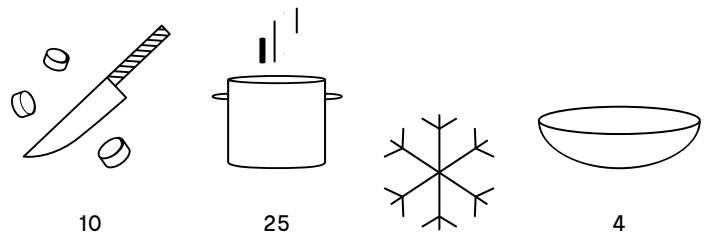




Sticky Tofu & Mushroom Noodles

These tasty noodles will have you coming back for more and more - a great mid week meal.



Ingredients

396g lock tofu
 2 tsp Chinese five spice
 1 tbsp cornflour
 2 tbsp The Groovy Food Company Virgin Coconut Oil
 200g Shitake or mixed mushrooms, quartered
 125g edamame beans, defrosted
 200g Straight to wok udon noodles
 2 spring onions, finely sliced
 ¼ cucumber, quartered lengthways and thinly sliced
 2 tbsp roasted peanuts, roughly crushed (optional)
FOR THE SAUCE
 2 garlic cloves, crushed
 2.5cm thumb ginger, peeled and finely grated
 85ml light soy sauce or tamari
 5 tbsp The Groovy Food Company Virgin Coconut Sugar
 2 tbsp rice vinegar
 2 tsp cornflour

Directions

1. Drain the tofu and pat dry with kitchen paper, then cut into 2cm cubes. Tip into a bowl and toss with the five spice. Set aside.
2. To make the sauce tip all the ingredients except the cornflour into a pan, add 6 tbsp water and simmer for 3-4 mins. Remove from the heat. Mix the cornflour with a little water then very gradually whisk into the pan, stirring all the time. Return to the heat and continue to bubble for 1 min until thickened.
3. Add 1 tbsp cornflour to the tofu and toss well. Heat 1 tbsp coconut oil in a frying pan over a high heat and fry the tofu until golden and crisp on each side. Remove using a slotted spoon and set aside. Add another 1 tbsp coconut oil to the pan and fry the mushrooms for 8-10 mins, until softened and golden.
4. Meanwhile bring a pan of water to the boil. Add the sauce into the pan with the mushrooms, adding a few tbsp water if it seems too thick. Bring to a simmer and stir through the tofu.
5. Drop in the edamame and noodles into the pan of boiling water and simmer for 2-3 mins until cooked, then drain. Divide the noodles between bowls, top with the mushrooms and tofu, then sprinkle over the spring onions, cucumber and crushed peanuts, if using.

