

ASIAN VEGETABLE & NOODLE BROTH



QUICK



HEALTHY

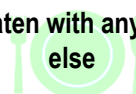
Tofu is a good plant-based protein. We need protein for healthy cells, enzymes, hair and skin – as well as building muscles

FAMILY



MEALS

This does not need to be eaten with anything else



INGREDIENTS

- 400g pack tofu
- Optional – 5 hard boiled eggs
- 1-2 red chillies
- 4cm root ginger
- 5 garlic cloves
- 4 tbs soy sauce
- 1 nest wholegrain rice noodles (approx. 45g)
- 2 tbs vegetable stock powder/ 2 stock cubes in 2 litres boiling water
- 1 lime
- 1tbs oil

5 handfuls of whichever vegetables you like e.g

Carrot, sweetcorn, edamame, mange tout, enoki mushrooms, asparagus, beansprouts, spring onion, spinach etc

METHOD

- 1) Squeeze liquid from the tofu then cut into cubes
- 2) Hard boil the eggs – cut into halves
- 3) Chop 1 chilli, mince the garlic add ginger and mix into a paste
- 4) Heat 1tbs oil at the bottom of a large saucepan.
- 5) Add paste to pan and cook for 30 secs, then add tofu pieces and fry till tofu is brown on the outside
- 6) Cook noodles according to instructions on pack. Drain when cooked.
- 7) Prep your veg by slicing (carrot), chopping (spring onion), or removing from pack (most of them) and cut lime into 1/8ths
- 8) Make up stock and add to tofu mix
- 9) Add drained noodles, vegetables and the eggs
- 10) Add soy sauce but taste after each tbs and adjust quantity if necessary
- 11) Optional – sprinkle with spring onion and extra chilli



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com