

George Foreman

Great Tasting Healthier Food In Minutes

Warm asian style noodle salad with grilled marinated tofu



ideal for vegetarians



quick & easy snacks



serves 2 people



10 MINS cooking time



great for kids

"add some spice into your cooking"

You will need:

60g buckwheat or soba noodles cooked & drained
250g of pre cooked tofu drained & cut into cubes

Marinade:

1 garlic clove, crushed
1 red chilli finely chopped
2 tbsp reduced sodium soya sauce
1 tsp sweet chilli dipping sauce
1 tsp sesame oil
juice of ½ lime
1 carrot peeled & grated into long strips
1 head of pak choi shredded
½ courgette cut into long strips
½ red onion cut into strips
small handful fresh coriander leaves.

To make:

Combine all the marinade ingredients in a bowl, add the cubes of tofu and leave for a few hours in the fridge or overnight. Place the marinated tofu onto a pre heated grill and cook for 2 - 3 minutes until golden brown. Remove & set aside. Place the carrot & courgette strips, pak choi and onion onto the hot grill and wilt down for around 30 seconds - 1 minute. On a serving dish, place the cooked warm noodles, top with the wilted vegetables and the grilled tofu. Scatter with the torn fresh coriander leaves & a squeeze of lime juice to serve.