

Crispy Tofu & Soba Noodle Salad

SERVING
4 people

COOK TIME
30 min



Ingredients

400g Firm Silken Tofu
½ cup plain flour or (gluten free flour)
Salt and pepper
2 cups vegetable oil
1 packet soba noodles
200g bag of Simply Salads ClassicColeslaw
1 tbsp soy sauce
1 tbsp maple syrup
1 tsp fish sauce
½ tsp chili flakes
½ tsp sesame seeds

Method

Cook the soba noodles as per packet instructions. Drain and allow to cool slightly. Add the Coleslaw to the noodles and mix together.

Combine the flour, salt and pepper. Cut the tofu into 1cm x 2cm pieces then carefully toss the tofu in the flour mixture.

Heat oil in a fry pan (it should be about 1-2cm deep). To test if the oil is hot, dip the end of a wooden spoon in the fry pan – if small bubbles form around it the oil is hot enough to cook.

Add half the tofu, turning every few minutes to ensure all sides are brown and crispy. Remove and allow to cool slightly on a paper towel. Repeat with remaining tofu.

Combine soy sauce, maple syrup, fish sauce, chili flakes and sesame seeds in a bowl and then drizzle over the salad. Top with crispy tofu to serve.