

# Sesame Noodles with Tofu

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*Egg noodles are a wonderful ingredient to have on hand in your store cupboard, and this dish, combining egg noodles, sesame oil, tofu and sesame seeds is a cinch to put together and is incredibly tasty.*

## Ingredients:

300g straight to wok egg noodles  
300g prepared vegetables, such as mange tout, sugar snap peas, pak choi and sweetcorn  
250g firm tofu, drained  
2 tbsp. soy sauce + extra  
1 tsp. minced ginger  
1 garlic clove  
1 tbsp. sesame oil + extra  
1 tbsp. sesame seeds

## Directions:

1. Mince the garlic clove and chop the veggies as needed. Cube the tofu. Combine soy sauce and sesame oil in a bowl and add the tofu. Stir to coat.
2. Heat some sesame oil in a wok. Add the veggies, garlic and ginger and cook for a few minutes until the veggies are starting to wilt. Add a little water or soy sauce and cook for a little longer, until the veggies are softening.
3. Add the noodles and sesame seeds, stir and then add the tofu and marinade. Cover the pan for a couple of minutes until the tofu is cooked through.
4. Stir to combine then divide the stir fry between two bowls. Sprinkle with extra soy sauce and sesame oil to taste.

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