
Soba noodles with Pak Choi and Tofu

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For 10 people

INGREDIENTS

900 g Soba noodles (buckwheat noodles)

Wok oil

500 g baby pak choi

5 cloves of garlic

125 g ginger

1000 g tofu

10 tbsp. cornflour

10 sprigs of spring onion

Sauce

5 cloves of garlic

5 tbsp. Less Salt 25% (Lima)

2 limes

Tip

Add:

200 g mushrooms or/ and

400 g mange tout

PREPARATION

- Heat a pan with plenty of salted water. Cook the Soba noodles as directed on the package. Drain and rinse under cold water.
- Tear the tofu into small pieces and squeeze out as much liquid as possible (this is important for the tofu to be crispy).
- Pat the tofu dry and pass it through the cornstarch.
- Heat a large amount of sunflower oil in a skillet and fry the tofu until crisp, about 5-10 minutes. Remove it from the pan and let it drain on paper towels.
- Meanwhile, prepare the sauce: grate a clove of garlic and mix it with the soy sauce and the zest and juice of the lime.
- For the pak choi: peel the garlic and ginger and chop them finely. Cut the pak choi into pieces, separating the white from the green. Heat a little sunflower oil in the wok. Add the garlic and ginger to the wok, followed by the white of the pak choi. Stir-fry for about 2 minutes. Add the green of the pak choi and wok for another 1 minute.
- Season with salt.
- At the last moment, mix the tofu with the sauce.
- Divide the noodles into bowls and serve with the tofu and pak choi.
- Cut the spring onion into thin slices and use it to garnish the dish.