



SESAME CARROT NOODLES WITH TOFU



INGREDIENTS

ITEM	QUANTITY
• Extra-firm Tofu, Drained and Pressed	5 Oz.
• Cornstarch	1 Tbsp.
• Sesame Oil	1 Tsp.
• Salt and Black Pepper, to taste	
• Dry Rice Noodles	2 Oz.
• Shredded Carrots	½ Cup
• Baby Spinach	½ Cup
• Sliced Green Onion Tops	2 Tbsps.
• Sesame Seeds	1 Tbsp.
• Tamari	1 Tbsp.
• Sesame Oil	1 Tsp.
• Rice Vinegar	1 Tsp.
• Maple Syrup	1 Tsp.
• Fresh Ginger, grated	1 Tsp.
• Garlic-infused Olive Oil	½ Tsp.

SERVING SIZE

1



PREPARATION

- ✔ Drain and press tofu for at least 10 minutes.
- ✔ Cut tofu into bite-sized cubes.
- ✔ Toss tofu with cornstarch, sesame oil, salt, and pepper.
- ✔ Cook tofu in an air fryer at 400°F for 12-15 minutes until golden and crispy, or pan-fry until browned on all sides.
- ✔ Cook rice noodles according to package directions. Drain and rinse.
- ✔ Whisk together tamari, sesame oil, rice vinegar, maple syrup, ginger, and garlic-infused olive oil.
- ✔ Toss noodles with carrots, spinach, green onion tops, and sauce.
- ✔ Top with crispy tofu and sprinkle with sesame seeds.