

## Sweet and Spicy Tofu with Soba Noodles

Serves 2

*For the noodles and tofu:*

- **150 g firm tofu**, pressed and cubed
- **120 g dry soba noodles** (or 200–220 g cooked)
- **1 tsp neutral oil** (canola or sesame)
- **1 cup (about 70 g) shredded napa cabbage**
- **1 small red bell pepper**, thinly sliced
- **1 small carrot**, julienned
- **1 green onion**, thinly sliced (optional garnish)
- **1 tsp sesame seeds** (optional garnish)

*For the sauce:*

- **2 tbsp Kevala coconut aminos**
- **1 tbsp rice vinegar**
- **1 tbsp maple syrup** (or 2 tsp if you'd like it less sweet)
- **1 tsp grated fresh ginger**
- **1 clove garlic**, minced
- **½–1 tsp chili garlic sauce** (*adjust to taste*)
- **½ tsp toasted sesame oil**



① **Prepare soba noodles** according to package directions.

Rinse thoroughly under cold water and set aside to drain well.

② **Pan-fry tofu:**

Heat neutral oil in a non-stick skillet over **medium heat**.

Add cubed **tofu** and pan-fry until golden on most sides (**about 6–8 minutes**).

Remove and set aside.

③ **Sauté veggies:**

In the same pan, add shredded **cabbage**, **bell pepper**, and **carrot**.

Stir-fry over **medium heat** for **2–3 minutes** until just tender.

④ **Make the sauce:**

In a small bowl, whisk together **coconut aminos**, **vinegar**, **maple syrup**, **ginger**, **garlic**, **chili garlic sauce**, and **sesame oil**.

⑤ **Combine:**

Return **tofu** to the skillet with **veggies**.

Add drained soba noodles and pour in the sauce.

Toss everything gently over **low heat** for **1–2 minutes** until evenly coated and warmed through.

⑥ **Serve:**

Divide into bowls and top with **green onion** and **sesame seeds**, if using.

### Nutritional Breakdown (Per Serving)

Nutrient	Amount
<b>Calories</b>	~395 kcal
<b>Protein</b>	~19 g
<b>Fat</b>	~13 g
— Saturated Fat	~2 g
<b>Carbs</b>	~46 g
— Sugars	~6 g
<b>Fiber</b>	~4.5 g
<b>Sodium</b>	~360 mg

## Cold Sweet & Spicy Tofu Soba Bowl

Serves 2

Ingredients:

*Main:*

- **150 g firm tofu**, pressed and cubed
- **120 g dry soba noodles**
- **1 cup (about 70 g) shredded napa cabbage**
- **1 small carrot**, julienned
- **1 small red bell pepper**, thinly sliced
- **½ cucumber**, thinly sliced or ribboned
- **2 tbsp chopped green onion**
- **1 tsp sesame seeds** (optional)

*For the dressing:*

- **2 tbsp Kevala coconut aminos**
- **1 tbsp rice vinegar**
- **1 tbsp maple syrup** (*or reduce to 2 tsp for less sweetness*)
- **1 tsp toasted sesame oil**
- **1 tsp grated fresh ginger**
- **1 clove garlic**, finely grated
- **½ tsp chili garlic sauce** (*or adjust to taste*)
- **1 tbsp cold water** (to loosen slightly)



*Instructions:*

1. **Cook soba noodles** according to package directions.  
Rinse thoroughly under cold water until fully cooled. Drain well and chill while prepping everything else.
2. **Pan-fry:**
  - For pan: Cook tofu cubes in a non-stick pan with a light spray of oil until golden (6–8 minutes).
3. **Prepare vegetables:**
  - Julienne or shred carrot, bell pepper, cabbage, and cucumber.
  - If cabbage is tough, give it a quick 30-second blanch, then cool.
4. **Make dressing:**  
Whisk all dressing ingredients in a bowl. Chill for 5–10 minutes while assembling the rest.
5. **Assemble bowls:**  
In each bowl, layer soba noodles, tofu, and vegetables.  
Spoon dressing generously over the top. Garnish with scallions and sesame seeds if using.

### ✓ Nutritional Breakdown (Per Serving)

Nutrient	Amount
<b>Calories</b>	~390 kcal
<b>Protein</b>	~18 g
<b>Fat</b>	~12.5 g
— Sat. Fat	~2 g
<b>Carbs</b>	~45 g
— Sugars	~6 g
<b>Fiber</b>	~5 g
<b>Sodium</b>	~350 mg