

## **Vegetarian Stir Fry with Tofu and Noodles**

150 grams extra firm tofu

1-2 tablespoons soy sauce

Sauce:

1/3 cup water or broth or water mixed with 1 tablespoon vegetarian chicken soup powder

3 tablespoons soy sauce

2 teaspoons sesame oil, toasted

2 teaspoons crushed garlic

1 teaspoon onion powder

2 teaspoons ground frozen ginger (or fresh)

2 teaspoons salt

Pinch black pepper

2 tablespoons honey

2 tablespoons cornstarch

Veg:

2-3 tablespoons canola oil

3 cups cleaned and sliced mushrooms

1 large red bell pepper

1 can baby corn, drained and cut into small pieces

2 large carrots, peeled and sliced into matchstick pieces

2 squares curly or stir fry noodles (uncooked)

Garnish:

2 scallions cleaned and chopped

2 tablespoons sesame seeds

Directions:

Cube the tofu and place in a bowl with the soy sauce. Toss together and set aside. It will mostly or completely absorb the soy sauce (and darken in color somewhat).

Prepare the sauce by mixing together in a bowl the soy sauce, sesame oil, crushed garlic, onion powder, ground frozen ginger (or fresh), salt, black pepper and honey and stir well till thoroughly combined. You will add the cornstarch just before pouring over the stir fry. Set aside.

Bring a pot of water to the low boil with a bit of salt and oil in it, waiting for the noodles to go in.

In a frying pan (preferably non-stick) place the oil and start by stir frying the carrot and red pepper. After 2 minutes, add the mushrooms and continue stir frying, add the chopped baby corn and tofu stir fry a few more minutes and then stir in the cornstarch into the patiently waiting sauce ingredients and stir till smooth and no sludginess on the bottom of the bowl. Pour over the tofu mixture in the pan and toss till it thickens somewhat. Drain your noodles (keep an eye on them, they need only 3-4 minutes of cooking time) and toss with two big heatproof spoons with the veggies and sauce till everything's mixed together. Either serve in a big bowl sprinkled with the sesame seeds and the scallions, or plate individually, as you like.