

Tofu Noodle Stir-Fry with Spring Vegetables

Prep: 25 minutes • Cook: 25 minutes

A vibrant, gingery stir-fry of marinated tofu, spring vegetables, and tender rice noodles tossed in a luscious tahini or peanut sauce. Savory, fresh, and deeply satisfying yet light.

Ingredients

- 1 (14 oz) block extra-firm tofu (cut into 3/4-inch cubes)
- 4 Tbsp tamari
- 1 Tbsp toasted sesame oil
- 1/2 tsp red pepper flakes
- 3/4 cup tahini stir-fry sauce or peanut sauce (DIY or store-bought)
- 4 oz vermicelli rice noodles (thin)
- 2 Tbsp toasted sesame oil
- 4 stalks green onion (thinly sliced)
- 2 cloves garlic (minced)
- 8 cups mixed vegetables (chopped into bite-sized pieces (e.g., 2 cups broccoli, 2 cups carrot ribbons, 2 cups baby bok choy, 1 cup red cabbage, 1 cup snap peas))
- to taste cilantro (freshly chopped (optional))
- to taste green onion (sliced (optional))
- to taste sesame seeds ((optional))
- to taste lime wedges ((optional))
- to taste sriracha or other hot sauce ((optional))

Instructions

1. In a small mixing bowl, gently combine the cubed tofu, tamari, toasted sesame oil, and red pepper flakes; toss to coat and set aside to briefly marinate.
2. If using homemade tahini stir-fry sauce or peanut sauce, prepare it now; otherwise, have your store-bought sauce ready.
3. Place rice noodles in a large bowl or pot and cover with just-boiling water. Soak according to package directions (or slightly less) until tender but not mushy (about 2 minutes). Drain, drizzle lightly with sesame oil to prevent sticking, and set aside.
4. Heat a large wok or nonstick skillet over medium heat. Add the marinated tofu along with any excess marinade and sauté 8–12 minutes, flipping until browned on all sides and the liquid is absorbed. Remove tofu from the pan and set aside.
5. With the pan still over medium heat, add sesame oil, green onions, and minced garlic; sauté 1–2 minutes until

fragrant and tender.

6. Add sturdy vegetables (e.g., broccoli) and cook 3–5 minutes until bright and slightly tender but still crisp.

7. Stir in remaining vegetables (e.g., carrot ribbons, baby bok choy, cabbage, snap peas) and cook 3–5 minutes until tender.

8. Add the cooked noodles, tahini or peanut sauce, and the browned tofu. Toss and sauté for 1–2 minutes until heated through and evenly coated.

9. Serve warm, garnished with cilantro, additional green onion, sesame seeds, lime wedges, and sriracha or other hot sauce if desired. Best fresh; leftovers keep 3–4 days refrigerated and reheat well in a skillet. Not freezer friendly.

Tags: Vegan, Gluten-Free, Tofu, Stir-Fry, Noodles, Asian-Inspired

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