

Veggie Yaki Soba



Recipe by: moongardens.org

Ingredients

2½ tbsp. cooking oil
3 tbsp. shoyu
2 tsp. sugar
1 tsp. sesame oil, a little goes a long way
1 block tofu, cut into 1/2 inch cubes
2 cloves of garlic, minced
1 lb. broccoli, chopped into bite size pieces
1/2 of a medium yellow onion, thinly sliced
18 oz. yakisoba noodles.

Directions

We begin by coating a large frying pan or wok with oil on medium heat. Once we bring up the oil up to temperature add the tofu. As they begin to brown, Mix the shoyu and sugar together. Add 1tsp to the shoyu sugar sauce to the tofu. Stir the tofu occasionally as to not let it stick to your pan/wok.

While this tofu is browning, you can start to slice your onions and chop up your broccoli. Once browned, drain the tofu on a paper towel. In the same pan, turn up the heat to medium/high and begin to stir fry your onions, broccoli, and garlic. Add a little more shoyu sugar sauce to your veggies, and salt and pepper to taste.

Once the veggies are cooked to your liking, add the noodles. Drizzle half of the remaining sauce as you heat up the noodles. Now, return the drained tofu back to the mix and add more of the sauce. Finish it off with a tsp. of sesame oil and coat evenly.

Get Creative

Add a little hot sauce to bring up the heat.

Perhaps finely chopped green onions to garnish.

Mix in other veggies: carrots/mung bean sprouts/snap peas.

For any comments or suggested ingredients for upcoming recipes, please email us at moongardens.org@gmail.com