

Low FODMAP Tofu Vermicelli Bowl with Peanut Sauce

Serves: 1

Prep: 10 minutes

Cook: 10 minutes



Ingredients	Metric	Imperial
1 nest of vermicelli noodles, uncooked	50 g	1.7 oz
1/2 cup firm tofu, cubed	100 g	3.5 oz
1/3 cup red cabbage, shredded	30 g	1.1 oz
Half a carrot, thinly sliced	50 g	1.7 oz
1/4 cup edamame beans	40 g	1.4 oz
1 tbsp peanuts, roughly chopped		
1 tbsp spring onion, green tops only, chopped		
Sauce:		
1 tbsp peanut butter		
1 tbsp soy sauce		
1 tsp sesame oil		
1 tsp maple syrup		
1 tsp sriracha		
1 tsp water		

Method

1. Cook noodles according to package instructions and set aside
2. Heat a teaspoon of oil in a small frying pan and add tofu cubes, cook for 5 minutes, turning until all sides have browned then set aside
3. To make sauce, whisk together the soy sauce, peanut butter, sesame oil, maple syrup, sriracha and water (add more or less water depending on how runny you'd like it)
4. In a bowl, add the noodles, shredded cabbage, carrot, edamame and firm tofu
5. Drizzle over the peanut sauce and top with chopped peanuts and spring onion tops

Nutrition Information (per serve)	
Energy	2929 Kj / 700 cal
Protein	30.60g
Carbohydrates	68.80g
Sugar	11.90g
Total Fat	30.80g
Saturated Fat	4.80g
Fibre	12.70g