

Coconut Tofu Noodle Bowl

PREP TIME

5-10 mins

COOKING TIME

15-20 mins

TOTAL TIME

20-30 mins

SERVINGS

2

INGREDIENTS

- 3 cups low-sodium broth (any kind)
- ½ cup unsweetened coconut milk
- 3-4oz noodles (try rice, soba, ramen or spaghetti)
- 5 cloves garlic (2-3 tsp chopped garlic)
- 1 Tbsp oil
- 3 oz firm or extra firm tofu
- 2 cups leafy greens
- Salt and pepper, to taste

Optional flavor add-ins:

- 1 tsp lemon grass paste
- 1 tsp ginger paste or 1/4 tsp ground ginger
- 1 Tbsp coconut aminos/soy sauce or soyaki/teriyaki sauce
- 1 tsp of dried herbs (such as rosemary, thyme, or oregano)



INSTRUCTIONS

1. Cut tofu into preferred bite-size pieces. Peel and slice garlic cloves lengthwise (or use pre-chopped garlic). Wash any leafy greens or vegetables you will be using. Measure out remaining ingredients: broth, coconut milk, oil, noodles.
2. Heat medium size pot (or deep pan) over medium heat.
3. Combine oil, garlic, ginger and lemongrass paste. Saute on medium heat for 1-2 minutes or until golden brown. If garlic begins to burn or brown quickly, turn down to low heat.
4. Add broth and coconut milk. Increase heat to medium-high and bring to a light boil. Add in additional/optional add-ins (if using) at this time. Add salt and pepper to taste
5. Once boiling, add tofu. Reduce heat to medium and simmer for 5-6 minutes, flipping tofu half way through. Remove tofu from the broth and place in a bowl.
6. Add your noodles into the broth and cook for time specified in package instructions. If using additional chopped vegetables, add these along with the noodles.
7. In the last 2 minutes of your noodles cooking, add leafy greens to cook.
8. Turn off heat. Place noodles and greens in a bowl, top with tofu, and spoon broth into the bowl around the noodles.

Recipe notes: Instead of noodles, you can serve this over quinoa or brown rice. Leafy greens like baby kale, bok choy, or spinach work well. You can also sub other chopped fresh or frozen veggies you have on hand such as carrots, broccoli or mushrooms-you'll want to add these at the same time as the noodles to allow them time to heat through. For a more coconuty flavor, increase coconut milk to 1 cup.