

TOFU AND RICE NOODLE LETTUCE ROLLS

with Peanut Butter Dressing



A delicious mix of crispy tofu, sweet and spicy peanut butter sauce and fresh vegetables. Very Moreish!

COOKING TIME: 25 MIN

CALS 746 | PROT 38.5G | CARBS 66.3G | FAT 40.3G



TIPS FOR FUSSY EATERS

Turn it to a stir fry of noodles, crispy tofu and their favorite vegetables.

PRO TIP

Use enough oil on your frying pan and keep the temperature at medium-low to ensure the tofu doesn't burn but becomes deliciously crispy

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Rice vermicelli	75g	115g	150g
Carrot	1	1	2
Red bell pepper	1	1	2
Cucumber	2	3	4
Fresh coriander	10g	15g	20g
Romaine lettuce	250g	375g	500g
Firm tofu	400g	600g	800g
Corn starch	20g	30g	40g
Paprika	2g	3g	4g
Sesame seeds	10g	15g	20g
Peanut butter	50g	75g	100g
Soy sauce	5g	7g	10g
Honey	20g	30g	40g
Lime	1	2	2
Chilli flakes	2g	3g	4g
Garlic powder	2g	3g	4g
Hot water	to thin	to thin	to thin



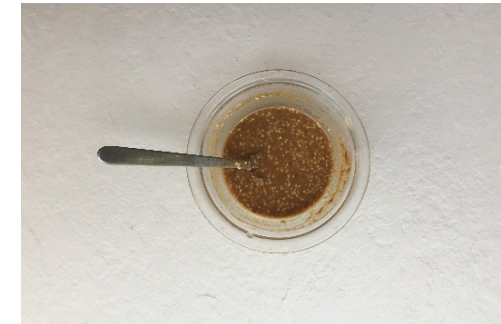
1 PREP

Peel **carrots** and cut them into thin "julienne" strips. Cut the **bell pepper** and the **cucumber** the same way. Separate **coriander** leaves from the stems. Rinse and dry **lettuce** leaves. Set aside.



2 SOAK THE NOODLES

Put rice vermicelli into a bowl. Cover with boiling **water** and soak for 3–4 minutes. Pour **noodles** into a colander and rinse with cold **water**. Drain. Put the **noodles** back into the bowl (without the **water**) and add some cooking **oil**. Stir and set aside.



3 MAKE THE SAUCE

Combine the **peanut butter**, **sesame seeds**, **soy sauce**, **honey**, **garlic powder**, squeezed **lime** juice and **chili flakes**. Whisk well to combine. Add a bit of hot **water** to thin.



4 FRY THE TOFU

Cut **tofu** into cubes. Season with **salt** and **paprika**. Roll the pieces in **corn starch**. Heat cooking **oil** in a frying pan over medium high heat. Fry **tofu** until crispy and golden brown.



5 SERVE

Assemble the rolls by placing **noodles**, julienne **vegetables**, **coriander**, and **tofu** onto the large **lettuce** leaves. Serve with the dipping sauce.

SHARE YOUR #HELLOCHEFME PICS WITH US!

www.hellochef.me | hello@hellochef.me | 05664-80597

