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# Teriyaki Tofu Noodles

## Recipe makes:

1 portion

## Preparation time:

25 minutes

## Cooking time:

15 minutes

Nutritional Information	Per portion
Energy	129 kcal
Protein	7.3g
Carbohydrates of which sugars	3.2g 2.3g
Total Fat	7.7g

## Ingredients:

100g carbohydrate-free noodles  
e.g. Slim Noodles\*  
5g teriyaki marinade e.g. Kikkoman\*  
2g garlic puree e.g. Gia\*  
2g fresh ginger, grated  
1g curry powder  
2g fresh coriander leaves, chopped  
50g tofu, chopped

3g sunflower oil  
10g spring onions, finely chopped  
40g mushrooms, finely sliced  
20g green pepper, finely diced  
30g aubergine  
100g unsweetened coconut drink  
50g spinach leaves,  
chopped  
2g xanthan gum

## Method:

1. Wash the carbohydrate-free noodles in fresh, clean water according to the manufacturer's instructions and set aside.
2. To make the tofu marinade, add the teriyaki marinade, garlic purée, fresh ginger, curry powder and fresh coriander to a bowl. Fold in the chopped tofu and marinade for 15 minutes.
3. Place a wok over medium heat and add in the sunflower oil.
4. Once hot, add in the spring onions, mushrooms, beansprouts, green pepper and the marinated tofu and cook for 5 minutes.
5. Pour in the unsweetened coconut drink and simmer for 2 minutes.
6. Add in the chopped spinach leaves and the washed carbohydrate-free noodles and simmer for an additional 2 minutes.
7. Stir in the xanthan gum – you will see the sauce start to thicken. Simmer for the final minute.
8. Plate up the teriyaki tofu noodles and enjoy!

## Dietitian's comments:



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**Always check with your dietitian that this recipe is suitable for you.**

This recipe has been specifically designed for the dietary management of Hepatic Glycogen Storage Diseases and has been analysed using Nutrimen analysis. Refer to labels for allergen and other product information.

\*Alternative products may be available – please speak to your dietitian.



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