

# Tofu & Chinese Broccoli

*with Soba Noodles*

Lemongrass, also known as tanglad or fever grass, is a type of grass native to the tropical regions of Asia and Africa. In addition to adding a citrusy, herbal flavor to curries and stir-fries, it's used to create essential oils for insect repellent and beauty products. To prepare it for cooking, you must remove the tough outside stalk to reveal the tender, middle core that can be eaten.



## Ingredients

- 2 Cloves Garlic
- 2 Scallions
- 8 Ounces Chinese Broccoli
- 1 Lime
- 14-Ounce Package Extra Firm Tofu
- 1-Inch Piece Ginger
- 1 Stalk Lemongrass
- 8 Ounces Soba Noodles
- 2 Tablespoons Mirin
- 2 Tablespoons Soy Sauce
- 2 Teaspoons Sesame Oil
- 2 Birdseye Chilis
- ¼ Cup Hoisin Sauce

Makes 2 Servings  
About 625 Calories Per Serving





# Instructions



## Prepare your ingredients:

Heat a large pot of salted water to boiling on high. Wash and dry the fresh produce. Roughly chop the Chinese broccoli. Peel and mince the garlic and ginger. Thinly slice the scallions on an angle. Cut the lime into quarters. With paper towels, press the excess water out of the tofu, then cut it into 1-inch cubes. Cut off the ends of the lemongrass, then peel away the fibrous outer layers until you reach the white, pliable core. Finely chop the lemongrass core.



## Cook & dress the noodles:

When the water boils, add the **soba noodles**. Cook 4 to 6 minutes, or until tender, but not too soft. While the noodles cook, make the dressing. In a large bowl combine the **mirin, soy sauce, sesame oil, half the scallions, and the juice of 2 lime wedges**; season with salt and pepper to taste. Once the noodles are finished, drain and rinse with cold water, then add them to the **dressing**. Toss to thoroughly coat.



## Cook the tofu:

Season the **tofu** with salt and pepper to taste. In a medium nonstick pan, heat some oil on medium-high until very hot. Add the tofu and cook 8 to 10 minutes, or until browned on all sides, stirring occasionally. Season with salt and pepper, then transfer to a paper-towel-lined plate. Wipe out the pan.



## Cook the Chinese broccoli:

In the same pan used to cook the tofu, heat a couple teaspoons of oil on high until hot. Add the **Chinese broccoli, garlic, ginger, lemongrass, and whole birdseye chilis**; season with salt and pepper. Cook 3 to 5 minutes, or until the broccoli is bright green and slightly wilted, stirring occasionally.



## Finish the tofu:

Stir in the **hoisin sauce, ¼ cup of water, and the browned tofu**. Cook 30 seconds to 1 minute, or until thoroughly combined and heated through. Season with salt and pepper to taste, then remove from the heat. (To avoid eating the whole birdseye chilis, remove the chilis before plating.)



## Plate your dish:

Toss the soba noodles to coat them in the dressing once more, then divide them between 2 plates or bowls. Top the noodles with the tofu and Chinese Broccoli mixture, then garnish with the **remaining lime wedges and scallions**. Enjoy!