

# Seared Tofu & Soba Noodles

*with Japanese Sweet Potatoes & Pea Tips*

In this light, satisfying meal, you'll use two sauces: one for the tofu, and one for the soba noodles and vegetables. The mellow tofu is brightened by a simple sweet chile sauce, then topped with chopped peanuts for crunchy contrast. The soba is dressed with a miso, mirin and soy sauce mixture. It's perfect for flavoring tender Japanese sweet potatoes (a purple-skinned variety with white flesh) and pea tips, or the early, leafy stems of the pea plant.



## Ingredients

- 2 14-Ounce Packages Extra Firm Tofu
- 9½ Ounces Soba Noodles
- 4 Ounces Pea Tips
- 3 Scallions
- 1 Pound Japanese Sweet Potatoes

## Knick Knacks

- 3 Tablespoons Peanuts
- 3 Tablespoons Soy Sauce
- 1 2-Inch Piece Ginger
- 1 Tablespoon Mirin
- ⅓ Cup Sweet Chile Sauce
- ¼ Cup White Miso Paste

Makes 4 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



### Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Drain the tofu and pat dry with paper towels; cut into bite-sized cubes. Roughly chop the pea tips. Cut the sweet potatoes into ½-inch rounds. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Roughly chop the peanuts. Peel and mince the ginger.

2



### Roast the sweet potatoes:

Place the **sweet potatoes** on a sheet pan. Drizzle with oil and season with salt and pepper; toss to coat. Arrange in a single, even layer and roast 18 to 20 minutes, or until slightly browned and tender when pierced with a fork. Remove from the oven.

3



### Cook the noodles & make the soba sauce:

While the sweet potatoes roast, add the **noodles** to the pot of boiling water. Cook 4 to 6 minutes, or until tender. Drain thoroughly and rinse under warm water. In a medium bowl, combine the **soy sauce, mirin, miso paste** and ½ cup of warm water; whisk until smooth. Set the cooked noodles and soba sauce aside.

4



### Sear the tofu:

While the sweet potatoes continue to roast, season the **tofu** with salt and pepper. In a large pan (nonstick, if you have one), heat 1 tablespoon of oil on medium-high until hot. Add the **seasoned tofu** and cook, flipping occasionally, 9 to 11 minutes, or until browned on all sides. Remove from heat. Off the heat, add the **sweet chile sauce** and 2 tablespoons of water; stir to thoroughly combine. Transfer to a serving dish and garnish with the **peanuts**. Set aside in a warm place. Wipe out the pan.

5



### Cook the vegetables:

In the same pan used to cook the tofu, heat 1 tablespoon of oil on medium-high until hot. Add the **ginger** and **white bottoms of the scallions**. Cook, stirring frequently, 30 seconds to 1 minute, or until softened and fragrant. Add the **roasted sweet potatoes**; cook, stirring occasionally, 1 to 2 minutes, or until heated through.

6



### Finish & serve your dish:

Add the **cooked noodles** and **soba sauce** to the pan of vegetables. Cook on medium-high, stirring occasionally, 1 to 2 minutes, or until thoroughly combined and heated through. Reduce the heat to low; add the **pea tips** and **half the green tops of the scallions**. Cook, stirring frequently, 1 to 2 minutes, or until the pea tips are wilted. Remove from heat; season with salt and pepper to taste. Transfer to a serving dish. Garnish the **finished soba** and **seared tofu** with the **remaining green tops of the scallions**. Enjoy!