

Mi Goreng

I chose to use organic gluten free Pad Thai rice noodles as they are easier to work with.

Ingredients

2 tbsp tomato sauce (see recipe below)

1 tbsp tamari

1 chilli finely chopped (optional)

1 tsp of sesame oil

1 tbsp water if the sauce looks too thick

Tomato Sauce

4 tomatoes finely diced

6 dates roughly chopped

Few pinches salt

Splash of apple cider vinegar

For the Noodles

Olive oil or sunflower oil for frying

2 pieces of thinly sliced tofu per person (salted)

2 garlic cloves minced

1½ tsp grated ginger

200g mushrooms of choice

1 bunch baby bok choy or other Asian greens shredded fine

1 packet rice noodles

¼ packet Pad Thai noodles

2 large handfuls beansprouts or other sprouts

2 tomatoes finely diced

12 snow peas julienned or 12 green beans cut in half lengthways

Garnish

Lime wedges

Optional crushed nuts peanuts of cashews

3 green spring onions finely cut

Method

1. To make the tomato sauce, place the chopped tomatoes, dates and salt in a saucepan and bring to the boil with the lid on. Then reduce to a simmer for 20 minutes. Blend with a hand held blender until smooth and add the apple cider vinegar.
2. To make the Mi Goreng sauce, mix all the ingredients together and set aside.
3. Heat up a large drizzle of olive or sunflower oil in a wok on a medium heat, then fry the tofu slices until crispy on the edges. Remove from the wok and set aside.
4. Add another splash of oil to the heated wok/pan and then add the garlic and ginger. Cook for a minute, then add the mushrooms and Stir fry for a couple more minutes or until just cooked through.
5. Add the bok choy or Asian greens, stir fry for another couple of minutes until wilted and then add the noodles. Pour in the sauce at this point and combine all the ingredients well.
6. Serve the noodles in individual bowls with the slices of tofu on top and the spring onion, nuts and lime as garnish.



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