



Spicy Garlic Noodles with Crumbled Tofu

Makes: 4 servings

Prep Time: 30 minutes Cook Time: 25 minutes

Total Time: 55 minutes

Ingredients

For the Cucumber Salad:

- 1 large Persian cucumber, diced
- 2 cloves minced garlic
- 1 handful cilantro leaves
- 1 tsp rice wine vinegar
- 1/2 tsp salt
- 1/4 tsp grapeseed oil (or other neutral tasting oil)
- 1/2 tsp toasted sesame oil

For the Noodles:

- 1 (16-ounce) box fettuccine noodles (or other thick wheat noodle)
- 1 tbsp toasted sesame oil
- 14 ounces extra-firm tofu (I use Trader Joe's)
- 1 & 1/2 tbsp cornstarch
- 1/4 tsp Chinese five-spice powder (optional)
- 2 tbsp peanut oil
- 4 ounces sliced shiitake mushrooms
- 1 large shallot, finely diced
- 1-inch knob of ginger, finely chopped
- 3 cloves garlic, finely chopped
- 3 tbsp soy sauce or Bragg's liquid aminos
- 2 tbsp chili sauce (I used Sriracha)
- 2 tbsp agave nectar (or honey)
- 1/2 cup broth of choice
- 2 sliced scallions, for garnish

Instructions

Drain and press the tofu by first draining any liquid and patting dry with a paper towel. Slice the tofu in half horizontally. Layer the tofu between paper towels and set a heavy plate on top to help squeeze any excess liquid from it. Let sit for 20 minutes.

Salt the diced cucumber and allow it to sit in a tea towel-lined colander for 10 minutes. Meanwhile, boil the noodles according to package directions. Once drained, toss them with the sesame oil. Wrap the towel around the cucumber and gently squeeze out some liquid. Combine cucumber with the remaining salad ingredients in a bowl and set it aside in the refrigerator.

Crumble the tofu into a mixing bowl and combine with the cornstarch and five spice powder. Coat the bottom of a wok or frying pan with peanut oil and heat on high until it's almost smoking. Brown the tofu, stirring continuously, until it resembles cooked, ground meat. Remove the tofu from the pan and set aside; don't clean the pan.

Add the mushrooms, shallots, ginger, and garlic to the pan, using more oil if necessary. Lower the heat to medium and sauté until the mushrooms are golden and the shallots are slightly caramelized. Add the soy sauce, chili sauce, and agave nectar. Return the tofu to the pan. Add the broth to the mixture and cook for an additional minute, stirring to combine.

Toss the mixture with the noodles and scallions. Top with cucumber salad.

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