

VEGAN SOBA NOODLES LOWFODMAP

2 portions

INGREDIENTS

- 100 grams of noodles, japanese, soba, dry
- 200 grams of tofu, raw, regular, prepared with calcium sulfate
- 90 grams of edamame, frozen, unprepared
- 1 large unit of carrots, old, raw [140 g]
- 1 1" piece of cucumber, raw, flesh and skin [60 g]
- 5 grams of sesame seeds
- 1 tablespoon of garlic infused olive oil [11 g]
- 5 tbsps of soy sauce made from soy [tamari] [90 g]
- 1 tbsp of syrups, maple [20 g]
- 3 tbsps of rive wine vinegar [45 g]
- 2 grams of minced ginger, fresh
- 1 sliced ring of peppers, capsicum, chilli, red, raw [10 g] [optional]

COOKING METHOD

- 1° Slice tofu into thin cubes. Heat a large fry pan with olive oil and add the tofu. Allow to cook 4-5 minutes before flipping it over to the other side and cooking. Add a dash of tamari and a drop of sesame oil and allow to cook for a further minute.
- 2° Chop carrot and cucumber into thin slices and set aside.
- 3° Add soba noodles and edamame beans into a pot of boiling water and cook for 4-5 minutes. Drain and rinse under cold water. Set aside.
- 4° Prepare the dressing by mixing the tamari, maple syrup, sesame oil, rice wine vinegar and ginger into a bowl. Add chilli if desired/tolerated.
- 5° In a large bowl, add the noodles, vegetables and tofu and pour the dressing over the top. Sprinkle with a garnish of sesame seeds.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (363 g)	% DRI
ENERGY	121 kcal	437 kcal	22 %
PROTEIN	7 g	26 g	52 %
CARBOHYDRATE	16 g	56 g	22 %
SUGARS	4 g	13 g	14 %
FAT	4 g	15 g	21 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
FIBER	1 g	5 g	20 %
SODIUM	809 mg	2937 mg	122 %