



Copyright 2021. The Food Fairy. All rights reserved.

Reduced Sodium Sweet and Spicy Tofu with Soba Noodles

Serves 4

Ingredients:

- 1½ (14oz) packages firm tofu, drained
- 2 TBSP canola oil
- 2 TBSP sesame oil
- 1 (8oz) package all-buckwheat soba noodles
- 4 garlic cloves, smashed
- 1 (1-inch) piece ginger, peeled and thinly sliced
- 1 small bunch green onions, white and green parts separated, cut into 2-inch matchsticks
- 2 TBSP lite soy sauce or tamari
- 3 TBSP dark brown sugar
- 1 tsp black pepper
- pinch of red-pepper flakes
- juice of 1 lime
- 4 mini, or 1 large, thin-skinned cucumber, thinly sliced
- 4 radishes, thinly sliced
- handful of cilantro leaves, for serving
- 1 lime, cut in wedges, for serving

Preparation:

1. Drain the tofu in a colander, or dry on paper-towel lined plate while you prep the remaining ingredients, about 10 minutes. Meanwhile, bring a small pot of water to a boil for the soba noodles.
2. Cut tofu into 1-inch cubes. Heat a cast-iron skillet over medium-high heat. Add the vegetable oil and 1 tablespoon of the sesame oil. When the oil shimmers, add the tofu in a single layer, in batches if needed and cook until golden on all sides, turning as needed when the tofu releases easily from the pan, about 8 to 10 minutes total. Lift the tofu out of the pan with a spatula and transfer to a new paper-towel-lined plate.
3. Meanwhile, cook the soba in boiling water for 5 to 8 minutes (or according to package directions), until just al dente, stirring frequently. Drain and rinse in cold water until the noodles no longer feel sticky.
4. Add garlic, ginger and whites of the onions to the skillet, along with the remaining tablespoon sesame oil, reduce the heat to medium, and cook until the oil is fragrant, stirring constantly, about 1 minute.
5. Add cooked and drained soba noodles to the pan, along with soy sauce, sugar, black pepper, red pepper, reserved green onions, and lime juice; toss together until the noodles are coated. Gently toss in the tofu until all the pieces are covered in the sauce.
6. Remove from the heat, and sprinkle cucumber, radish and cilantro on top. Serve warm or at room temperature, with lime.



Food Fairy Note: The soy sauce in this recipe has been reduced to about 1/3rd of the original recipe. We added lime juice to bump up the flavor.

Adapted from: *Sweet and Spicy Tofu with Soba Noodles*, [cooking.nytimes.com](https://cooking.nytimes.com/recipes/1019471-sweet-and-spicy-tofu-with-soba-noodles),
<https://cooking.nytimes.com/recipes/1019471-sweet-and-spicy-tofu-with-soba-noodles>