



Vegan tofu bowl with mie noodles

A bowl full of indulgence: Mie noodles, crunchy edamame, pickled onions and aromatic curry mango tofu make this vegan dish a real highlight. It is also ideal for meal prepping!

Zutaten

2 Portionen

Ingredients pickled onions

4 Onions, red

250 ml Water

1 TL Byodo Premium Organic Sea Salt

1 TL Sugar

250 ml Byodo fine seasoning vinegar

Ingredients Curry mango tofu

1 Tofu, natural

2 EL Byodo Curry Mango Sauce

1 EL Soy yogurt

Byodo Fine Premium Organic Sea Salt

Pepper

Ingredients Bowl

0.5 Mango, fresh or alternatively frozen

2 Nori leaves

125 g Edamame, frozen

250 g Mie noodles

1 EL Byodo fine seasoning vinegar

1 EL Soy sauce

2 EL Byodo Roast Olive Mild

1 EL Maple syrup

1 EL Lemon juice

1 EL Soy sauce
2 TL Sesame, black
Coriander

Zubereitung

Pickled onions

Peel the onions and cut into rings. Place in a sufficiently large preserving jar. Bring the water, salt and sugar to the boil. Mix in the vinegar and pour over the onions. Seal the jar airtight and leave to infuse for at least 1 hour, preferably overnight.

Marinade

Mix the curry mango sauce with the yogurt and season with salt and pepper. Squeeze the tofu well and cut into bite-sized pieces. Mix with the marinade and marinate for at least 30 minutes. Leave to infuse for 20 minutes.

Bowl

Peel the mango, remove the stone and dice. Cut the nori leaves into strips with scissors. Boil the edamame in plenty of salted water for 4 minutes. Pour hot water over the mie noodles and leave to stand according to the packet instructions, then drain. Season the noodles with vinegar and soy sauce. Heat the frying olive in a pan and fry the tofu cubes until golden brown. Finally, deglaze with maple syrup, soy sauce and lemon juice and caramelize briefly. Divide the mie noodles between two plates. Arrange the mango, edamame and tofu cubes on top. Garnish with pickled red onions, nori leaves, coriander and black sesame seeds.



Not all the pickled red onions are needed for this recipe. They keep very well in the fridge and are a delicious topping for many dishes and sandwiches.