

Veggie & Tofu Soba Noodles | 5 Minute Easy Vegan Recipes

Adapted from: <http://sweetpotatosoul.com/2017/08/5-minute-easy-vegan-meals-3-vegan-recipes-video.html#more-4225>

Prep Time: 1 minute
Cook time: 4 minutes
Total time: 5 minutes
Servings: 2

INGREDIENTS:

- 2 bundles of soba noodles
- 2 cups of frozen veggies
- ½ package of extra-firm tofu
- 3 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 teaspoons toasted sesame oil

INSTRUCTIONS:

1. Bring 6 cups of water to a boil, and cook the soba noodles for 4 minutes, or until tender.
2. While the soba is cooking sauté the frozen veggies and tofu on medium heat. No oil is needed to the pan because the frozen veggies add plenty of water to the pan while they cook. Feel free to sauté in oil if preferred.
3. Cover and cook the veggies and tofu for about 4 minutes while the soba is cooking.
4. Drain the soba noodles then toss them into the skillet with the veggies, and remove from the heat.
5. Add the soy sauce, rice vinegar, and sesame oil, and toss the noodles and veggies well.
6. Season with more sauce to taste then serve.

OPTIONAL:

- Use any type of frozen veggies, or sub beans (like edamame) for the tofu.
- You could even use a pre-made teriyaki sauce, or curry sauce instead.

