



DropChef Bang Bang Tofu Noodle Salad

Bang Bang Noodles or Biang Biang Noodles, are a dish that originates from the Xi-an region of China. Traditionally a cold dish with a spicy sauce, this inspired our dish of noodles mixed with tofu and a sweet but spicy sauce. This would make for a great lunchbox treat if you have any leftovers!

Nutritional Info

Calories: 591kcal
Carbohydrates: 80g
Protein: 25g
Fat: 20g

Ingredients

- Tofu
- Carrot
- Spring Onion
- Cucumber
- Red Chilli
- Lime

- Fresh Coriander
- Rice Noodles
- Soy Sauce
- Peanut butter
- Maple Syrup
- Sesame Oil

Your Pantry

- Olive oil

Allergens


[Wheat \(Soy Sauce\)](#)
[Peanuts \(Peanut Butter\)](#)
[Soybean \(Tofu, Soy Sauce\)](#)
[Sesame \(Sesame Oil\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Boil the kettle

2) Marinade the tofu

Cut the tofu into whatever size you like - we recommend cubes, strips, or steaks. Lay in a bowl and drizzle half the soy sauce over the tofu (you will use the other half for the dressing). Stir until the soy sauce is coating all the tofu and leave to marinate for 15 minutes, returning to stir periodically.

3) Cook the noodles

Place the noodles in a pot of boiling water and cook for 3-4 (?) minutes, then drain, rinse well with cold water, and set aside.

4) Prepare the vegetables

Peel the carrot. Cut the cucumber and spring onions into very thin matchsticks. Use a peeler to peel the remaining carrot into ribbons. Finely chop the fresh coriander. Slice the red chilli lengthways and thinly slice, removing the seeds if you don't like spice.

5) Fry the tofu

Place a frying pan on high heat with a drizzle of oil. Once nice and hot, add the tofu and fry until golden all over. Switch off the heat and transfer the tofu to a plate. While the tofu cooks....

6) Make the dressing

Combine the remaining soy sauce, peanut butter, maple syrup and Sesame Oil in a bowl. Mix well and then add lime juice to taste.

6) Plate the dish

Combine the vegetables, cooled noodles, and dressing and mix well until combined. Next, add the tofu and gently toss the salad together. Serve in dishes or bowls.



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