



PAK CHOY + SOBA NOODLES WITH TEMPEH

This Asian-inspired dish is a super quick meal to whip up for dinner. The dish uses Asian veggies like Pak Choy and nori sheets giving it a nutritious boost!

🕒 10 minutes

🕒 35 minutes

🍴 2 portions

INGREDIENTS

- 150 grams of buckwheat soba noodles, (see notes)
- 2 tbsps of tamari
- 1 tsp of olive oil
- 1 lime juice
- 1 tsp of coconut oil
- 200 grams of tempeh
- 1 bunch pak choy, cut roughly
- 1 clove of garlic, raw (3 g)
- 2cm piece of ginger, minced
- 1 tsp of chili flakes (optional)
- 1 sheet of nori (seaweed), crumbled

COOKING METHOD

- 1° Bring a large pot of salted water to the boil. Add soba noodles and cook according to the packet instructions. Once noodles are cooked, drain and refresh under cold running water (this will help prevent the noodles from sticking together). Drain and place in a large bowl.
- 2° Combine the tamari, sesame oil and lime juice in a small bowl. Pour half over noodles. Season with salt and pepper, to taste.
- 3° Heat coconut oil in large frying pan. Add tempeh cubes and cook on high until browned. Add in Pak Choy, garlic, ginger, onion and chilli flakes and cook until the Pak Choy is starting to wilt. Toss through the soba noodles and drizzle with the remaining sauce.
- 4° Serve half for dinner with half the nori crumbled on top and place remaining half in a lunch box for tomorrow.
- 5° Note Gluten-free option: Try to find some noodles that are 100% buckwheat and gluten-free. If not, then replace with rice stick noodles.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (291 g)	% DRI
ENERGY	182 kcal	529 kcal	26 %
FAT	6 g	17 g	25 %
FATTY ACIDS, TOTAL SATURATED	2 g	5 g	25 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	569 mg	1653 mg	69 %
CARBOHYDRATE	25 g	73 g	24 %
SUGARS	1 g	2 g	—
FIBER	1 g	3 g	12 %
PROTEIN	12 g	34 g	—