

# *Sesame Noodle Bowls with Seared Tofu*

## Nutritional Highlights

- Extra firm tofu is a great source of plant-based protein that takes on the flavor of any dish.
- Cucumber, carrots, and cabbage add bulk to this dish without adding a lot of extra calories.

Servings: 4

## Ingredients

- 4 oz soba noodles
- 1 Tbsp canola oil
- 16 oz extra firm tofu, cut into 1" cubes
- 1 cucumber, julienne
- 3 large carrots, julienne
- 2 cups shredded red cabbage
- 1/2 cup chopped cilantro
- 1/2 cup Bang Bang Sesame Sauce

## Directions

- Cook soba noodles according to package directions. Drain and set aside.
- Heat canola oil in a large skillet over medium heat. Add cubed tofu and sprinkle with salt and pepper. Sear until golden brown on each side.
- In a large bowl, toss together the noodles, cucumber, carrots, cabbage, cilantro, and Bang Bang Sesame sauce until all ingredients are evenly coated in the sauce.
- Divide into 4 serving bowls, and top with seared tofu. Serve warm or cold.