

Rice Noodle and Tofu Salad

Created by 'Ryland Peters & Small' from the book, 'Tofu'

Rice noodles tossed with tofu, crisp vegetables, crunchy peanuts and a bright, tangy dressing for a light yet satisfying salad.

Ingredients

- 2 tablespoons coconut oil or sunflower oil*
- 275 g Firm tofu, patted dry, and cut into bite-sized cubes
- 200 g rice vermicelli noodles
- 1 carrot, halved crossways and thinly sliced into thin strips
- 10 cm piece cucumber, quartered lengthways, deseeded, and thinly sliced into strips
- 2 handfuls of shredded sweetheart/pointed cabbage**
- 3 spring onions, thinly sliced
- ½ red onion, finely sliced
- 2 handfuls of freshly chopped mint leaves
- 2 handfuls of freshly torn basil leaves
- 1 little gem/bibb lettuce, leaves separated***
- 75 g/⅓ cup salted peanuts, roughly chopped****

For the dressing

- 5 tablespoons rice wine vinegar
- 4 teaspoons caster/superfine sugar
- 1 tablespoon soy sauce
- 1 red chilli, deseeded and diced

Method

1. Heat the oil in a large frying pan/skillet over a medium heat and fry the tofu for 8-10 minutes, turning often, until golden and crisp. Drain on paper towels.
2. Meanwhile, prepare the noodles according to the packet instructions, then drain and refresh under cold running water and drain again. Transfer the noodles to a large bowl.
3. Mix together all the ingredients for the dressing and pour over the noodles.
4. Add the carrot, cucumber, cabbage, spring onions/scallions, red onion and half the herbs to the noodles and toss until combined.
5. Arrange the little gem/bibb leaves on a large, flat serving plate and top with the noodle salad, smoked tofu, remaining herbs and peanuts.

Additional notes

Recipe taken from *Tofu*, published by Ryland Peters & Small

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“The ingredients for this Asian main-meal salad may look on the long side, but it’s very easy to prepare and can be made the night before if you are wanting to transport it as a packed lunch. If making in advance, assemble the salad just before serving.”

The following substitutions have been recommended by the St George Renal Department for general healthy eating, however please liaise with a dietitian for recommendations specific to your own health and lifestyle:

* Swap coconut oil/sunflower oil for Olive or Canola Oil

** Use sweetheart/pointed cabbage or try Chinese, Green or Savoy cabbage instead

*** Use little gem/bib lettuce or try baby cos, baby romaine, iceberg or butterhead lettuce instead

**** Swap salted peanuts for unsalted peanuts

