

Asian-Style Jar



Discover our "Asian in a Pot" recipe: rice noodles, tofu, crispy vegetables, and a flavorful peanut sauce come together to create an explosion of Asian flavors in one dish. Get ready to be transported to distant lands with this easy and delicious recipe!

Preparation 25 min

Cooking 15 min

Servings 2

Nutrition Facts (per serving)

Calories 345

Fat 16

Carbohydrates 39

Fibre 4

Protein 15

Sodium 250

Ingredients

- 250 ml (1 cup) of rice noodles
- 1/2 onion, chopped
- 175 g of tofu, cubed
- 15 ml (1 tbsp) of olive oil
- 125 ml (1/2 cup) of mushrooms, chopped

- 125 ml (1/2 cup) of red pepper, cubed
- 2 big carrots, cut julienne style
- 10 ml (2 tsp) of sesame seeds
- 125 ml (1/2 cup) of fresh coriander
- 30 ml (2 tbsp) of peanuts, chopped
- Salt and pepper, to taste

Ingredients peanut sauce

- 30 ml (2 tbsp) of natural peanut butter
- 65 ml (1/4 cup) of water
- 5 ml (1 tsp) d'huile de sésame
- 15 ml (1 tbsp) of reduced-sodium soy sauce
- 2,5 ml (1/2 tsp) of Sriracha
- 1/4 tsp of garlic paste or 1 chopped garlic clove

Preparation

1. Cook noodles in boiling water during 2 minutes, then drain.
2. Grill the tofu and the onion in a pan with the sesame oil and the garlic. After 5 minutes, add the mushrooms. Cook 5 minutes. Add salt and pepper as desired.
3. For the sauce, heat the peanut butter with the water 40 seconds in the microwave. Add the remaining ingredients for the sauce and stir.
4. Pour the peanut sauce in a deep pot. Add the noodles, the red peppers, the tofu mix, the carrots, the sesame seeds, the coriander and the peanuts on top. If you eat this recipe in a pot, make sure to leave some space on top to stir!

Notes



Guillaume Couture – Founder, President, and Director of Innovation
President | Founder