

K's Kitchen: Brussels sprouts, tofu and noodles

By Kathryn Reed

Rice is usually my go-to accompaniment for Asian foods. I suppose it's because that is what I grew up with.

It wasn't until I was an adult that I ordered dishes with noodles. But it took even longer for me to cook with them. I don't have a good explanation for why, other than habits are hard to break.

It is important to pat the tofu dry. This will allow it to get a sear and absorb the flavors of the sauce.

Chicken would be an easy substitute for tofu. And broccoli would be a veggie that is always available, or just as an alternative since not everyone likes Brussels sprouts.

This marinade would be good for a variety of proteins and vegetables. If you add a lot more to the dish, you might want another package of noodles, too.



Noodles with Tofu and Brussels Sprouts (serves 4)

1 8 ounce package uncooked soba

2 C Brussels sprouts, cut in half

Cooking spray

1 container firm tofu, cut in cubes

2 T rice vinegar

2 T sesame oil

2 T soy sauce

1 T peanut butter

1 tsp brown sugar

$\frac{1}{4}$ - $\frac{1}{2}$ tsp crushed red pepper

2 garlic cloves, minced

3 green onions, chopped

Cook soba noodles for about 3 minutes in boiling water. Drain.

Combine vinegar, sesame oil, soy sauce, peanut butter, sugar, crushed red pepper, garlic and green onions in bowl. Mix well.

Coat pan with cooking spray. Cook tofu until slightly brown on at least two sides. Remove tofu from pan.

Add Brussels sprouts. If pan is dry, add a splash of water. Cook until tender.

Add tofu and marinade. Cook until everything is coated with mixture and heated through.