

# One pan peanut tofu with veggies and noodles



## Recipe by Nutritionist Rosie Eyre of By Rosie

Tofu is a good source of plant-based protein, making it an easy way to boost your daily intake. It's rich in calcium, magnesium, and isoflavones. These are all key nutrients that help support strong and healthy bones.

Pairing tofu with a variety of colourful vegetables adds more nutrients to your meal. This also adds fibre to support digestion. Mushrooms provide a natural source of vitamin D, while Asian greens contribute additional minerals and antioxidants.

It all comes together in a well-balanced meal that only leaves you with one pan to wash up.

**Serves:** 2 people

**Takes:** under 20 mins

## Ingredients:

- 2 garlic cloves, minced
- Asian greens (3 small heads), ends removed, roughly chopped
- 1 red capsicum, seeds removed and sliced
- 200g sliced mushrooms
- 200g [Satay](#) or [Malaysian Tofu](#), sliced into 2cm cubes
- 400g wok ready ramen noodles (preferred [brand](#) to use)
- 270ml Ayam coconut milk
- 2 tbsp of low sodium soy sauce
- 5 tbsp peanut butter (for extra flavour try dark roasted peanut butter)
- 2 tsp brown sugar
- 1 lime, cut into quarters
- Coriander leaves, roughly chopped (optional)
- Chilli oil (optional)
- Sesame seeds (optional)

## Method:

1. Prep and chop all the ingredients as per the ingredients list.
2. In a small bowl whisk half the minced garlic, peanut butter, soy, brown sugar, half the lime, coconut milk together until combined, set aside.
3. In a large frying pan or wok, medium-high heat, add a good drizzle of olive oil, once hot add capsicum and mushrooms and cook for 4-6 minutes, until softened, add Asian greens and remaining garlic and cook for 1-2 minutes until greens have wilted and garlic fragrant. Transfer veggies to large bowl and cover.
4. Place large frying pan back on medium-high heat with a splash more olive oil. Add satay tofu and cook for a couple of minutes each side until warmed through.

5. Add peanut coconut sauce to tofu and cook until thickened and heated through. Season sauce to taste with splash more soy if needed.
6. Stir through cooked veggies and pre-cooked noodles for 1-2 minutes. Before removing from heat.
7. Serve up with remaining lime quarters and optional coriander leaves, chilli oil and sesame seeds to extra flavour and texture.

---

## CONTACT US

**Website:** [liveup.org.au](http://liveup.org.au)

**Email:** [support@liveup.org.au](mailto:support@liveup.org.au)

**Phone:** 1800 951 971

**Facebook:** [facebook.com/LiveUpAus](https://facebook.com/LiveUpAus)

LiveUp is a healthy ageing initiative funded by the Australian Government Department of Health and Aged Care.