

Yaki Soba

Low fat

Total time: **10 minutes**

Serves: **4**

Ingredients

250g Clearspring organic soba noodles
396g pack Cauldron tofu original, cubed
Fry Light sunflower oil spray
320g Waitrose mushroom stir-fry
Bunch of salad onions, thinly sliced
2 tbsp Cooks' Ingredients teriyaki sauce
1 tbsp sesame seeds
4 tbsp sweet chilli sauce, to serve



Method

1. Cook the noodles and tofu together in a large pan of simmering water for 5 minutes until tender, then drain well.
2. Spritz a non-stick wok with sunflower oil spray, then heat for a minute. Add the vegetables and onions and stir-fry for 2-3 minutes, then add the noodles, tofu, teriyaki sauce and sesame seeds and cook for another 1-2 minutes.
3. Serve with sweet chilli sauce.

Nutritional Info

Typical values per serving:

Energy	409kcal
Carbohydrate	62.9g
Sugars	14.8g
Fat	7.9g
Saturated Fat	1.2g
Salt	1.4g

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