

# Shirataki Noodles with Tofu

12 ingredients · 40 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Add the tofu to a small bowl and toss with avocado oil, tamari, arrowroot powder and chili flakes, if using. Place on the baking sheet and cook for 25 to 30 minutes, flipping halfway through.
2. Drain and rinse the shiratake noodles. Add the noodles to a medium-sized pan along with the coconut milk, ginger and lime juice. Cook over medium-low heat for 8 to 10 minutes.
3. Divide the noodles between bowls. Top with tofu and sea salt. If using, top with sesame seeds and cilantro. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Add additional vegetables, such as shredded carrot, zucchini, mushrooms or spinach.

### No Avocado Oil

Use extra virgin olive oil or coconut oil.

### No Arrowroot Powder

Use cornstarch instead.

### No Shiratake Noodles

Use a spiralized vegetable like zucchini and sweet potato, or use a different noodle like rice noodles or soba noodles.

## Ingredients

- 1 1/16 lbs Tofu (extra firm, drained)
- 1 tbsp Avocado Oil
- 3 tbsps Tamari
- 2 tpsps Arrowroot Powder
- 1/4 tsp Chili Flakes (optional)
- 8 1/16 ozs Shiratake Noodles
- 1/2 cup Organic Coconut Milk (full fat, from a can)
- 1 tsp Ginger (minced)
- 1 tbsp Lime Juice
- 1/8 tsp Sea Salt
- 2 tbsps Sesame Seeds (optional)
- 1/4 cup Cilantro (optional, chopped)