

# Tofu, Mango & Soba Noodle Salad

**Prep Time: 10 minutes, Cook Time: 5 minutes,  
Serves:4**

Make our tofu, mango & soba noodle salad for a summer lunch, picnic meal, or light dinner. We love the fresh flavours combined with juicy sweet mango. Ensure that you buy the Soba noodles that are made from buckwheat, which are easily found in the Japanese section in most supermarkets.

## Ingredients

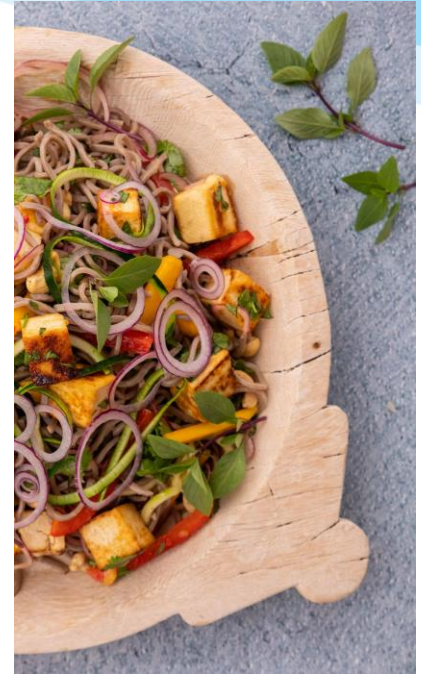
1 block Firm Tofu, cut into 1.5cm cubes  
 Lee Kum Kee Pure Sesame Oil, for frying  
 250g (gluten free) Soba Noodles, cooked  
 ½ Red Onion, thinly sliced  
 1 large Mango, cut into strips  
 ½ Red Capsicum, cut into thin strips  
 1 small courgette, spiralized  
 ⅓ cup Unsalted Cashews  
 Large handful Superb Herb Thai Basil, roughly chopped  
 Large handful Superb Herb Coriander, roughly chopped

## For The Dressing:

¼ cup Rice Wine Vinegar  
 2 tbsp Honey or to taste  
 1 tsp Lee Kum Kee Pure Sesame Oil  
 1 tbsp Lee Kum Kee Gluten Free Soy Sauce  
 1 Lime, zest and juice  
 1 Garlic Clove, crushed  
 ½ Red Chilli, finely chopped

## Method

- In a non-stick frying pan shallow fry the tofu in sesame oil until golden, about 3 minutes each side. Remove with tongs and lay on a plate covered in kitchen towel.
- For The Dressing: Whisk all ingredients until combined. Season to taste.
- To Assemble: Toss all ingredients in a large bowl to combine. Let sit for 10 minutes so the flavours infuse then garnish with extra herbs and cashews. Yum!



Recipe provided by Lee Kum Kee  
<https://au-nz.lkk.com/>