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Teriyaki Tofu Noodles

Recipe makes:

1 portion

Preparation time:

25 minutes

Cooking time:

15 minutes

Nutritional Information	Per portion
Energy	129 kcal
Protein	7.3g
Carbohydrates of which sugars	3.2g 2.3g
Total Fat	7.7g

Ingredients:

100g carbohydrate-free noodles
e.g. Slim Noodles*

5g teriyaki marinade e.g. Kikkoman*

2g garlic puree e.g. Gia*

2g fresh ginger, grated

1g curry powder

2g fresh coriander leaves, chopped

50g tofu, chopped

3g sunflower oil

10g spring onions, finely chopped

40g mushrooms, finely sliced

20g green pepper, finely diced

30g aubergine

100g unsweetened coconut drink

50g spinach leaves,
chopped

2g xanthan gum

Method:

1. Wash the carbohydrate-free noodles in fresh, clean water according to the manufacturer's instructions and set aside.
2. To make the tofu marinade, add the teriyaki marinade, garlic purée, fresh ginger, curry powder and fresh coriander to a bowl. Fold in the chopped tofu and marinade for 15 minutes.
3. Place a wok over medium heat and add in the sunflower oil.
4. Once hot, add in the spring onions, mushrooms, beansprouts, green pepper and the marinated tofu and cook for 5 minutes.
5. Pour in the unsweetened coconut drink and simmer for 2 minutes.
6. Add in the chopped spinach leaves and the washed carbohydrate-free noodles and simmer for an additional 2 minutes.
7. Stir in the xanthan gum – you will see the sauce start to thicken. Simmer for the final minute.
8. Plate up the teriyaki tofu noodles and enjoy!

Dietitian's comments:



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Always check with your dietitian that this recipe is suitable for you.

This recipe has been specifically designed for the dietary management of Hepatic Glycogen Storage Diseases and has been analysed using Nutrimer analysis. Refer to labels for allergen and other product information.

*Alternative products may be available – please speak to your dietitian.



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