

Japanese Tamari Eggs with Tofu Soba Noodle Stir-Fry



Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Lunch Recipes

Looking for a delicious heart healthy meal that isn't boring and bland? Then, our Japanese Tamari Eggs with Soba Noodle Stir-Fry is perfect for you! Bursting with flavour, you'll be going back for more.



Ingredients

Tamari Eggs

- 4 large eggs
- ¼ cup tamari
- ¼ cup mirin
- 2 cloves garlic, finely chopped
- Knob ginger, grated

Tofu Soba Stir-fry

- 1 packet soba noodles (100% buckwheat)

- 2 tsp sesame oil
- 2 tbsp extra virgin olive oil
- 2 cloves garlic, finely chopped
- 3cm knob of ginger, peeled and grated or finely chopped
- 1 red chilli, finely sliced (optional)
- 1 head broccoli, stem julienned & florets cut into bite sized pieces
- 8 shiitake or other Asian mushrooms, sliced
- 200g Japanese marinated firm tofu, sliced
- 2 tbsp miso
- 1 tbsp reserved marinade
- 1 green onion, sliced
- 1 tbsp sesame seeds
- Handful coriander, washed and roughly chopped

Method

1. Bring a saucepan of water to the boil and add the eggs. Cook for 8 minutes. Drain and cover with cold water. Once cool enough to handle, peel and set the eggs aside.
2. In a small bowl, deep enough to fit the eggs, combine the marinade ingredients. Add the hard-boiled eggs, ensuring they are immersed in the marinade. Cover and pop in the fridge for several hours or overnight.
3. Remove the eggs from the marinade and cut in half. Reserve the marinade to use in the stir-fry.
4. Bring a saucepan of water to the boil. Add the soba noodles and cook for 2 and a half minutes and then immediately drain and tip them into a bowl of cold water to stop them from overcooking. Once cool, drain and toss with the sesame oil. Set aside.
5. Heat a wok and add the extra virgin olive oil, garlic, ginger and chilli. Sauté for a minute before adding the broccoli and mushrooms. Toss in the oil and then pop the lid on for a few minutes or until broccoli is cooked to your liking.
6. Add the tofu and toss with the veggies. Add the miso and reserved marinade and toss to coat. Add the noodles and toss.
7. Divide between bowls and place a halved tamari egg on the top. Scatter with the green onion, sesame seeds and coriander.

Nutritional Information

Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
2100kj 502kcal	29g	22g	3.5g	42g	5g	1305mg	8g

All nutrition values are per serve.