



Soifua Maloloina Sang Choy Bow

Method

1. Crumble tofu into a bowl. Combine the stock powder, hot water and 1 tbs of the soy sauce and pour over the tofu. Set aside for the flavours to absorb whilst preparing vegetables.
2. Soak the noodles in boiling water for 2-3 minutes. Chop the noodles with kitchen scissors while they are softening. Drain well and set aside.
3. Heat oil in a wok over medium-high heat. Add the garlic and ginger and cook, stirring, for 1 minute or until fragrant.
4. Add the marinated tofu and its liquid and cook until dissolved.
5. Add the celery, carrot, capsicum and spring onion, and cook, stirring, for 2 minutes or until softened. Stir in the remaining soy sauce (1 tbs), sesame oil and noodles and cook, stirring, for further 2 minutes or until well combined and heated through. Remove from heat. Add the bean sprouts and stir until just wilted. Transfer to a serving bowl.
6. Place the lettuce leaves on a serving platter and serve immediately with the filling.

Recipe Information

Number of Serves: 8

Preparation Time: 10mins

Cooking Time: 10mins

Ingredients

400g hard tofu
1 tsp beef stock powder
1/4 cup hot water
2 tbs salt-reduced soy sauce
100g pkt vermicelli noodles
1 tablespoon oil
2 cloves garlic, crushed
1 small piece ginger, peeled and chopped
1 stick celery, diced
1 carrot, peeled & grated
1 medium red capsicum, seeded and diced
6 spring onions, sliced
1 teas sesame oil
1 cup bean sprouts
8 large iceberg lettuce leaves, washed and dried

Soifua Maloloina tips:

- Try frozen, tinned or other seasonal fresh vegetables (peas, corn, mushrooms, beans etc).
- You can substitute the tofu for lean chicken or pork mince.
- Pre-cook the filling for a BBQ or church event and reheat & serve fresh in the lettuce cups.
- Spice it up with a sprinkling of chilli flakes for an instant kick!

