**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 minute 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.

**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!

**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