Soifua Maloloina Vegie Sapisui

Method

1. Crumble the tofu into a bowl. Stir the stock powder into the 1/4 cup hot water and add the soy sauce. Stir this through the crumbled tofu and set aside to absorb the flavour.
2. Soak noodles in large bowl of cold water.
3. Heat the vegetable oil in a large wok. Add the onion, ginger and garlic. Sauté until the onion is cooked.
4. Add the marinated crumbled tofu and any remaining liquid in the bowl. Cook until any liquid is dissolved, at least 5 minutes.
5. Add all the vegetables and the beef stock, water, soy sauce and ketcap manis (optional). Simmer until the vegetables are just tender and the liquid has reduced to about half.
6. Drain the noodles that you've been soaking and add them to the wok. Stir well and cook for 2-3 minutes until the noodles are cooked.

Soifua Maloloina tips:
- You can use frozen, tinned or other seasonal fresh vegetables.
- Replace the tofu with lean chicken or beef strips for a meat-based sapisui.
- Approximate Cost per Serve $1.80