



Soifua Maloloina Vegie Sapasui

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 ketchup 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.

Recipe Information

Number of Serves: 6-8

Preparation Time: 10mins

Cooking Time: 20mins

Ingredients

Tofu 'Mince'

400g hard tofu

1 tsp beef stock powder

1/4 cup hot water

1 tbsp soy sauce

Sapasui

150g vermicelli noodles

2 tbsp vegetable oil

1 large onion, sliced

2 cloves garlic, minced

2cm piece of ginger, grated

1 celery stick, thinly sliced

2 carrots, sliced

½ cabbage, sliced

1 handful green beans, sliced into sticks

½ teas beef stock

½ cup water

2 tbs soy sauce

Optional: 1 tbsp ketchup manis

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 sapasui.
- Approximate Cost per Serve \$1.80

