



# Just Recipes.

## Malaysian Fried Noodles with Tofu, Green Beans and Bok Choy

A vegetarian dish that takes just a few minutes to make but rewards in a remarkable depth of flavor.

### Ingredients

Serves 2

- 2 tbsp [30 ml] peanut oil
- ½ onion, diced
- 8 oz [225 g] firm tofu, cut into thin strips
- 4 oz [112 g] French green beans, trimmed and cut in half
- 4 oz [112 g] bok choy, cut into large chunks (both leaves and stalks)
- 11 oz [310 g] fresh egg noodles
- 1½ tsp [7.5 ml] ground coriander
- 1 tsp [5 ml] ground cumin
- 2 tsp [10 ml] sambal oelek (or other chile paste), plus extra to serve
- 2 tsp [10 ml] thick soy sauce
- 2 tsp [10 ml] light soy sauce
- 1 tbsp [15 ml] water
- handful of bean sprouts, well rinsed
- handful of shredded iceberg lettuce
- 1 tbsp [10 ml] crisp-fried shallots (see note)
- lemon wedges, to serve



### Method

Set a wok or a large skillet on high heat. Once hot, add the oil and then the onion, and cook for about 1 minute to soften a bit. Add the tofu and French beans and cook for 2 to 3 minutes to give the tofu a bit of color. Stir gently as you cook.

Next, add the bok choy. When it wilts, add the noodles and carefully spread them in the wok using tongs or large chopsticks. You want the noodles to get a lot of heat, almost to fry. Mix gently, cooking the noodles for about 2 minutes. Now add the spices, sambal oelek, soy sauces, water and bean sprouts and toss carefully. Cook for about a minute, or until the noodles are semisoft.

When ready, divide between two serving bowls, top with lettuce, and sprinkle with crisp shallots. On the side, serve lemon wedges and a small bowl of extra sambal oelek.

*Note:* Jars of crisp-fried shallots can be bought at Asian grocery stores, or you can make your own:  
<http://whiteonricecouple.com/recipes/vietnamese-recipes-2/crispy-shallots/>