



## DINNER



# GINGER TOFU ZUCCHINI NOODLES

BY CHEF MICHELANGELO COLELLA

A fresh, healthy and grain-free dinner recipe loaded with tons of flavour. The perfect combination of ginger and sesame makes it lighter and more refreshing than your average pasta dish.

VEGAN/  
DAIRY-FREE/  
GLUTEN-FREE  
YIELDS 2 SERVINGS

### Nutrition Facts\*

|                           |          |
|---------------------------|----------|
| Calories                  | 550 cal  |
| Protein                   | 24 g     |
| Total Fat (0 g trans fat) | 30 g     |
| Carbohydrates             | 31 g     |
| Sugar                     | 19 g     |
| Sodium                    | 1,706 mg |

### Nutritionist Approved

For plant-based proteins, choices are limited, so the addition of organic tofu to this recipe adds eight of the essential amino acids to make it a good protein choice. Try substituting zucchini as the noodle base for a low-carb, high-fibre alternative!

### INGREDIENTS

#### For Tofu and Marinade

1 pack (454 g) of extra firm premium organic tofu (sliced into thirds, then halved)  
 1/3 cup gluten-free soy sauce  
 1 tsp. ginger (chopped)  
 1 clove garlic (chopped)  
 2 tbsp. maple syrup  
 1 tsp. sesame oil  
 1 tsp. shallots (chopped)  
 2 tbsp. extra virgin olive oil

#### For the Zucchini Noodles

1 zucchini (spiralized)  
 1 tsp. garlic (chopped)  
 1 tsp. ginger (chopped)  
 1/2 tsp. dried red chili flakes  
 1 tbsp. gluten-free soy sauce  
 1 tsp. sesame oil  
 2 green onions (sliced)  
 1 red pepper (julienned)  
 1 carrot (julienned)  
 1/2 tsp. sesame seeds

### METHOD

- For the tofu and marinade:** Combine garlic, ginger, soy sauce, maple syrup, shallots and sesame oil in sealable bag and add tofu. Marinate for 12 to 24 hours.
- For the zucchini noodles:** In a hot, medium-sized frying pan add sesame oil, garlic, ginger and chili flakes. Sauté quickly, 5 to 10 seconds. Add zucchini and toss quickly. Add soy sauce to coat evenly. This should be done quickly to ensure zucchini isn't overcooked and still has a firm bite to it.
- Remove tofu from marinade and pat dry. Sear both sides in olive oil until golden brown. Place on top of zucchini noodles and on top with chopped green onions. Enjoy!



As seen in **CITY LIFE** Magazine  
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