



Stir Fried Rice Noodles with Air-Fried Tofu Hearts, Mango and Green Beans

Yield: 4 servings

Prep Time: 10 minutes

Total Time: 30 minutes

Tofu Ingredients:

- 1 (14 ounce) package extra firm tofu
- ¼ cup corn starch
- Non-stick avocado oil spray

Stir Fry Ingredients:

- 1 (14 ounce) package Pad Thai style rice noodles
- ½ cup low-sodium gluten-free soy sauce
- ¼ cup water
- 3 tablespoons brown sugar
- 2½ tablespoons rice vinegar
- 2 tablespoons vegetable oil
- 4 garlic cloves, finely minced
- 1 cup roughly chopped basil, divided
- 2 cups green beans, ends trimmed
- 2 cups thinly sliced mango

Stir Fried Rice Noodles with Air-Fried Tofu Hearts, Mango and Green Beans

Nutrition Facts

Serving Size1 Serving

Amount Per Serving

Calories554.4

% Daily Value*

Total Fat	27.7 g	35 %
Saturated Fat	4.1 g	20 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	1185.4 mg	52 %
Total Carbohydrate	58.4 g	21 %
Dietary Fiber	8.1 g	29 %
Total Sugars	22 g	
Added Sugars	6.6 g	13 %
Protein	25.5 g	
Vitamin D	0 mcg	0 %
Calcium	442.1 mg	34 %
Iron	6.3 mg	35 %
Potassium	597.2 mg	13 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com

</>

Instructions:

1. To prepare the tofu, remove the tofu from the package and press with paper towels to drain the water. Slice the tofu block into three thin slices. Using a small cookie cutter, cut the tofu pieces into desired shapes.
2. Place the cornstarch in a small bowl and toss the tofu pieces in the cornstarch. Place the coated tofu in the airfryer basket and lightly spray with avocado oil. Air Fry for 8-10 minutes at 375 degrees F. Set aside until ready to serve.
3. Prepare the rice noodles according to package instructions. Drain and set aside.
4. In a glass measuring cup, whisk together the gluten-free soy sauce, water, brown sugar and rice vinegar. Set aside.
5. In a large, high-sided skillet or wok, heat vegetable oil over medium heat. Add the minced garlic and half of the basil. Cook, stirring occasionally, until the garlic is fragrant, about 2 minutes.
6. Add the green beans and pour half of the sauce over the top. Cook, gently tossing all of the ingredients together, until the green beans are soft, about 1 minute.. Add the noodles, mango, and remaining sauce and toss to combine until the sauce is clinging to the noodles, about 2 minutes.
7. Toss in the remaining basil and serve immediately with air fried tofu.