VIETNAMESE · LUNCH · DINNER

Bún Đậu Hũ Xào (Lemongrass Tofu Rice Noodle Bowls)

30 min · Serves 4 · 388 kcal a serve · Video 3:12 · RunAwayRice

Vegan

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Firm tofu and peanuts give about 22 g of plant protein and more than half a day's calcium a serve, and the bowl is loaded with fresh herbs, lettuce and sprouts. It is fully plant-based and uses only half a tablespoon of oil for four.

Diet notes: Low saturated fat (1.7 g, 4% of the energy); Gluten-free with a swap: Use tamari and a gluten-free vegetarian stir-fry (mushroom) sauce.

Ingredients 16 · SERVES 4

- [ ] 14 oz **firm tofu**
- [ ] 1 small **leek**
- [ ] ½ tbsp **vegetable oil**
- [ ] 2 tbsp minced **lemongrass**
- [ ] 1 tbsp **soy sauce**
- [ ] 1 tbsp **vegetarian stir-fry sauce**
- [ ] 4 oz **bean sprouts**
- [ ] ⅛ tsp **ground black pepper**
- [ ] 2 tbsp **crushed roasted peanuts**
- [ ] 20 oz cooked **rice vermicelli**
- [ ] chopped **green leaf lettuce**, to serve
- [ ] 1 bunch **mint**, leaves picked, to serve
- [ ] 1 bunch **coriander**, to serve
- [ ] ½ cup **carrot and radish pickles** (đồ chua), to serve
- [ ] **red chillies**, sliced, to serve
- [ ] 1 **lime**, cut into wedges, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Peanut, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Trim the leek. Mince a short piece of the white part and cut the green part into thin strips. Rinse the tofu, pat it dry and cut it into fairly thick slices so they hold together. 0:49
2. Heat a wok over medium-high heat, add the oil and stir-fry the minced leek and lemongrass for 20 seconds. 1:35
3. Add the tofu and pan-fry 5–6 minutes until golden. Add the leek strips, soy sauce and stir-fry sauce, toss and cook 2–3 minutes more. 1:47
4. Turn off the heat, add the bean sprouts and toss 2–3 minutes in the residual heat, then season with black pepper. 2:05
5. Build each bowl with lettuce, then rice noodles, the tofu stir-fry, pickles, peanuts and plenty of mint and coriander. Serve with chilli, lime and a dipping sauce, or toss it all together as a cold noodle salad. 2:13

> **Tip** Serve with a vegetarian nuoc cham or soy-lime dipping sauce (not included above). The stir-fry also works over hot rice. Keeps 2 days; store noodles and herbs separately.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
388 kcal 1,620 kJ	22 g 45% of a day	50 g 43 g net · 3.9 g sugars 18% of a day

FIBRE	FAT	SODIUM
7 g 25% of a day	13 g 1.7 g saturated 17% of a day	410 mg 18% of a day

Energy from net carbs 46% · protein 23% · fat 31%

High in (20%+ of a day) Vitamin K 64% · Calcium 58% · Omega-3 52% · Selenium 43% · Vitamin A 35% · Folate 32% · Iron 28% · Magnesium 25% · Zinc 22% · Vitamin C 20%

Source of (10–19%) Vitamin B6 18% · Potassium 13%

Recipe and video: RunAwayRice (@RunAwayRice) on YouTube — youtube.com/watch?v=aVi3sWz9TAw, published 4 June 2015. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/bun-dau-hu-xao-lemongrass-tofu-noodles