

UDON NOODLES WITH TOFU AND MANGO SAUCE

Ingredients for 2 servings:

- 400 g of cooked Udon noodles
- 150 g of tofu
- 30 g of courgette
- 20 g of fennel
- 30 g of portobello mushrooms
- 30 g of shallot onion
- 3 g of chilli peppers
- 5 g of fresh cilantro

SAUCE:

- 200 g of the PURENA mango purée
- 70 g of shallot onion
- 10 g of garlic
- 50 ml of olive oil
- ½ of lime
- 100 ml of coconut milk
- salt, pepper, ginger, curry

DIRECTIONS:



Fry the chopped onions and finely chopped garlic and chilli peppers in a frying pan with oil.



Add the mango puree, curry and mix everything. Season with salt, pepper and ginger.



Add lime juice, mint and bring the mixture to the boil. Boil everything for about 5 minutes on a low heat.



Pour in the coconut milk and blend it to a smooth sauce.



Cook the udon noodles according to the instructions on the packaging. Grill the tofu on both sides in a dry frying pan, then take it off.



Pour a little olive oil into the same frying pan and heat it up, then add the sliced vegetables and fry them briefly over high heat.



Combine together the noodles, vegetables and tofu, then sprinkle them with cilantro and mint.

Nutrition info:

100 g
71 kcal

1 serving
421 kcal

Consume the prepared dish within 24 hours. Store the opened PURENA packet in the refrigerator for 7 days.