

Sesame-crusted tofu with spicy pineapple noodles

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The tropical flavours of the hot chilli-spiked pineapple noodles that accompany the crispy tofu in this dish will take the chill out of any cold day.

Ingredients (serves 4)

- 120 g udon noodles
- 1/3 cup sesame seeds, preferably a mixture of white and black
- 1 tbsp plus 1 tsp cornstarch, divided
- 1/2 tsp salt
- 400 g pack extra-firm water-packed [tofu](#) or tempeh, drained
- 4 tsp olive oil, divided
- 1 tbsp minced fresh ginger
- 2 cloves garlic, minced
- 1–2 small dried red chillies
- 300 g sugar snap peas, trimmed (see Tip) and cut in half
- 180 ml pineapple juice
- 2 tbsp plus 2 tsp reduced-salt soy sauce
- 2 cups diced fresh pineapple
- 2 tsp hot sesame oil

Method

Bring a large saucepan of water to a boil. Cook noodles according to package directions, drain and

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rinse well under cold water.

Mix sesame seeds, one tablespoon corn starch and salt in a shallow dish. Cut the block of tofu lengthwise into eight thin 'steaks.' Pat dry with a paper towel, and press both sides into the sesame-seed mixture.

Heat two teaspoons olive oil in a large non-stick pan over medium-high heat. Add the tofu and cook until golden brown, about three minutes per side. Transfer to a plate, cover and keep warm.

Wipe out the pan. Heat the remaining two teaspoons olive oil. Add ginger, garlic and chillies and cook, stirring, until fragrant, about 30 seconds. Add snap peas and cook, stirring, until beginning to brown, about two minutes more. Add pineapple juice, bring to a boil and cook two minutes. Whisk the remaining one teaspoon corn starch and soy sauce in a small bowl until smooth. Add to the pan and cook, stirring, until the sauce is thickened, about one minute. Reduce heat to low, add pineapple, sesame oil and the noodles; toss to coat with the sauce and cook until heated through, about one minute. Remove the chillies. Serve the noodles with the tofu.

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