

# Simply Ming: Better For You Curry Vegetable Rice Noodle Stir Fry

*By Ming Tsai 2023*

*(Serves 4 - 6)*

## **Ingredient List**

1 package firm tofu, pressed and cut into 1/2" cubes  
1 bunch of scallions, sliced, green and white separated  
5 cloves of garlic, sliced  
2 tb minced ginger  
2 tb Madras curry powder  
1 red bell julienne  
3 cups zucchini spaghetti  
1/4 pound soaked rice noodles  
2 cups watercress or spinach  
3 tb Braggs amino acid  
Juice of 1 lime  
Toasted sesame seeds  
Grape seed oil or canola to cook  
Kosher salt and fresh ground black pepper to taste

## **Instructions**

Pre-heat a wok on high, add a touch of oil then scallion whites, sauté for 1 minute then add garlic, ginger, curry powder and some salt and pepper, stir to toast for about 1 minute. Add the bell pepper, stir fry until soft, about 2-3 minutes. Add tofu cubes, toss to coat. Then add zucchini and watercress. Once this cooks down add noodles, Braggs amino acid, and salt and pepper taste. Toss to combine and heat thru.

## **Plating**

Plate noodles on a platter and garnish with scallion greens, lime juice, and toasted sesame seeds.  
Enjoy!