

# Easy Tofu Shirataki Stir-Fry Style

This is a stir-fry-style dish made with tofu shirataki noodles. They can be found at health food stores or online. Add hot sauce, if desired.

Recipe by Clarence Walters | Created on **Nov 10, 2021**

## Ingredients

- 1 (16 ounce) package frozen vegetable medley (such as Green Giant®)
- 1 (8 ounce) package angel hair-style tofu shirataki noodles, or to taste
- ½ teaspoon minced garlic
- 2 teaspoons soy sauce, or more to taste
- ½ teaspoon ground ginger, or more to taste

## Directions

- Microwave vegetables in the bag until thawed and heated through, about 5 minutes. Let cool, about 1 minute. Open pouch.
- Drain and rinse shirataki noodles thoroughly; place in a microwave-safe bowl.
- Cook noodles in the microwave until mostly heated through, about 1 minute.
- Heat a saucepan over medium heat; add garlic. Cook until fragrant, about 1 minute. Add the cooked noodles, mixed vegetables, soy sauce, and ginger. Cook and stir until heated through and flavors blend, 2 to 3 minutes. Add hot sauce.

## Nutrition Facts

Serving: **2 small servings** | Calories: **139.4 kcal** | Carbohydrates: **29.8 g** | Protein: **5.7 g** | Sodium: **628.4 mg** | Fiber: **11.1 g** | Sugar: **7.7 g**

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