

Group Members		Absent on Lab day?
☺- Lab Leader		

Easy Tofu Lo-Mein

Ingredients:

1 cup of extra firm tofu
 1 T olive oil
 1 package Oriental Ramen Noodles
 1 cup frozen stir-fry vegetables
 1 ½ C water
 1/4 C Soy Sauce

Read through the directions/ingredients and:

CIRCLE all of the equipment needed
UNDERLINE all of the cooking techniques

Directions:

1. Drain excess water from tofu by patting it with paper towel, then cut into bite size cubes.
2. Heat olive oil in medium skillet over medium heat.
3. Add tofu and fry until golden brown (about 10 minutes) stirring occasionally to prevent burning.
4. In a small saucepan, bring water to a boil. Once water reaches a boil, add noodles from Ramen package (do not use the seasoning packet YET). Boil for approximately 2 minutes or just until the noodles are tender and broken apart, then drain.
5. Add the stir-fry vegetables to the skillet with the tofu and season with the packet from your Ramen noodles.
6. Cook, stirring occasionally until vegetables are tender but not mushy.
7. Remove from heat. Add noodles and stir to blend.
8. Season with Soy Sauce to taste.