

## Vegetarian General Tao

- ¼ tsp. chili flakes
- 1 package of tofu, diced
- 2 carrots, sliced diagonally
- 1 broccoli, cut into florets
- 1 package of Udon noodles
- 2 garlic cloves, minced
- 1 piece of ginger, grated
- 3 green onions, chopped
- 1 sachet of sesame seeds



- 125 ml (½ cup) of chicken **or** vegetable broth
- 3 tbsp. of soy sauce
- 1/3 cup of maple syrup
- 6 tbsp. of évoilà5 extra virgin olive oil
- ¼ cup of ketchup
- 3 tsp. of flour

1. For the sauce, in a bowl combine broth, soy sauce, maple syrup, 2 tbsp. of oil, ketchup and chili flakes. Set aside.

2. In a large bowl, coat diced tofu with flour. Shake to remove excess flour then set tofu aside on a plate.

3. In a large skillet, warm 1 tbsp. of oil over medium-high heat. Add carrots, broccoli and 1/3 cup of water. Cook until vegetables are *al dente*. Transfer to a plate.

4. In a saucepan of salted boiling water, cook noodles *al dente*. Drain and leave in the strainer. Drizzle with oil.

5. In the skillet, warm 2 tbsp. of oil over medium-high heat. Cook the tofu until golden. Add salt and pepper. Transfer to a plate. In the same skillet add garlic, ginger and green onions, cook 2 min. Add the sauce, bring to a boil. Add tofu and the vegetables. Heat for 3 min and stir well to coat with sauce. Serve on a bed of noodles and sprinkle with sesame seeds.

évoilà *Bon appétit*