

Nudel

1 tbp hoisin sauce
1 tbspsugar
1 1/2 tsp Chinese herbs
2 tbsp soy sauce
1 pck firm hazelnut tofu
8 cups vegetable broth
medium sliced piece of fresh ginger
2 large garlic cloves
1 pck whole wheat or spelt spaghettis
1 small head bok choy or mangold

*Mix hoisin, sugar, chinese herbs, and 1 teaspoon soy sauce.

*Brush mixture onto tofu and bake it for 8 minutes in oven (200°C)

*In large pot bring broth to boil with ginger, garlic, and remaining
tablespoon soy sauce.

*Simmer for 30 minutes.

*Boil noodles in seperate pan until “al dente” set aside.

*Bring broth to a boil.

*Cut bok choy crosswise into slices and add to broth.

*Simmer mixture 2 minutes, or until bok choy is crisp-tender.

*Add noodles and tofu.

Now serve.