

Bahn Mi Noodle Bowl

Inspired by a Vietnamese bahn mi sandwich, this noodle bowl recipe is full of tasty ingredients.



Prep Time: 10 minutes
Cook Time: 15 minutes
Total Time: 25 minutes
Servings: 4
Storage: 2 days (soup with noodles), broth only - 7 days
Freezer: 30 days (broth only)
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Ingredients

- 1 TBSP coconut or olive oil
- 8 ounces tofu, cut into cubes
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 2 cups vegetable stock
- ½ cup rice vinegar
- 1 – 2 teaspoon crushed red pepper, according to your spice preference
- 1 TBSP honey
- ½ teaspoon grated fresh ginger
- 12 ounces zoodles (carrots, zucchini, sweet potato, etc)
- ¼ cup thinly sliced radishes
- ¼ cup thinly sliced English cucumber
- 2 TBSP cilantro

Instructions

In a large straight-sided skillet heat oil over medium-high. Add ingredients (through ginger). Cook and stir just until simmering. Stir in spiralized zoodles. Cook about 2 minutes or until heated through and zoodles are tender.

Divide soup into bowls. Garnish with radishes, cucumber, and cilantro.

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