



## Ingredients

- 1 pkt MAGGI Teriyaki Bowls Marinade & Drizzle
- 400 g White Mushrooms
- 180 g Soba Noodles
- 2 tsps Vegetable Oil
- 450 g Firm tofu, diced
- 1 Clove Garlic
- 400 g Chinese (Pak-Choi) Cabbage
- 150 g Edamame, frozen, unprepared
- 75 g Sweet Pepper
- 25 g Spring onions
- 2.96 g Roasted Sesame

## Instruction

1. In a medium bowl, combine MAGGI Teriyaki Bowls Quick Marinade with mushrooms.
2. Prepare soba noodles according to packet directions. Set aside.
3. In a large frying pan heat oil on medium to high heat. Add tofu and garlic, cook for 2-3 minutes or until golden. Add mushrooms and cook for 3-4 minutes, stirring occasionally.
4. Divide soba noodles into 4 bowls, add bok choy, edamame beans, capsicum, spring onion, sesame seeds, tofu and mushrooms. Add the MAGGI Teriyaki Bowls Drizzle on each bowl, enjoy!

### Nutrition

Carbohydrates	62.34 g
Energy	519.15 kcal
Fats	18.41 g
Protein	36.21 g

🕒 20 Minutes

⊕ 4