

Recipe Name: Homemade Spicy Ramen with Tofu Recipe
Diet Type:
Course: Lunch
Cuisine: Asian
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Wheat Noodles	4
• 1 Red Bell pepper (Capsicum) - sliced	
• 2 Stalks Spring Onion Greens - finely chopped	
• 3 tablespoons Milk	
• 1 tablespoon Vinegar	
• 1 tablespoon Tomato Ketchup	
• 1 tablespoon Red Chilli sauce	
• 1 cup Tofu	
• 1 tablespoon Sweet and Spicy Red Chilli Sauce (Tomato Chilli Sauce)	
• 1 tablespoon Green Chilli Sauce	
• 1 tablespoon Honey	
• 1-1/2 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Black pepper powder	
• 1 teaspoon Red Chilli powder	
• 1 1/2 teaspoon Garam masala powder	
• 1/2 teaspoon Amchur (Dry Mango Powder)	
• 1 Onion	
• 1 teaspoon Sugar	
• 1/2 teaspoon Methi Seeds (Fenugreek Seeds)	
• 1 Dry Red Chilli	
• 4 cloves Garlic	
• 1 inch Ginger	

Preparation

- To begin making the Homemade Spicy Ramen with Tofu Recipe by boiling the noodles in a saucepan with water and cook the noodles until done.
- Strain the water and keep the water in the sauce pan itself.



- Toss the noodles in a little oil, so it does not stick.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	35	60	20	5	5

