

Creamy Panang Tofu Stir-Fry with Shirataki Noodles

This flavorful dish combines the rich, aromatic taste of Panang curry spices with silky tofu and light shirataki noodles, all brought together with a creamy Philadelphia cheese sauce for a delightful twist.


20 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 100g firm tofu, cubed
- 100g shirataki noodles, rinsed
- 1 tablespoon Panang curry paste
- 50g Philadelphia cream cheese
- 1 tablespoon coconut milk
- 1 tablespoon soy sauce
- 1 teaspoon vegetable oil
- Fresh basil leaves for garnish
- Salt and pepper to taste

Steps

- 1 Heat the vegetable oil in a non-stick pan over medium heat.
- 2 Add the cubed tofu and sauté until golden brown on all sides, about 5-7 minutes.
- 3 Stir in the Panang curry paste and cook for another 2 minutes until fragrant.
- 4 Add the rinsed shirataki noodles and toss to combine.
- 5 Reduce the heat and mix in the Philadelphia cream cheese and coconut milk until smooth and creamy.
- 6 Season with soy sauce, salt, and pepper to taste.
- 7 Serve hot, garnished with fresh basil leaves.