



Préparation : 20 min / Recyclage en mise-entre

ENTRE COMFORT FOOD ET FRAÎCHEUR

NOUILLES SAUFY, MOGGETS DE CHOU-FLEUR, CRÈME DE COCO-MATCHA

Les nouilles saufy constituent un plat super réconfortant ! Pour un plat plus complet, vous pouvez y ajouter plein de légumes, mais je les aime toutes simples, comme ici.

INGRÉDIENTS

POUR LES NOUILLES SAUFY (4 PORTIONS)

- 100 g nouilles de riz plates
- 1 cuillère d'ail
- 1/4 cm de gingembre frais
- 1/4 lq. de quatre-épices
- 1/4 lq. d'huile neutre
- 4 cl de sauce soja
- 100 g de tofu ferme
• 10 cl de crème de coco
- 1/2 l. à 1/4 de pointe de cacahuètes
- 1/4 lq. de sésame
- 1/4 de citron vert
- Céréales, pain et légumes frais (accompagnement)
- 1 petit troupeau de concombre (environ 60 g)
- 1/2 petite carotte (environ 60 g)

POUR LES MOGGETS DE CHOU-FLEUR (4 PORTIONS)

- Quelques flocons de chou-fleur (environ 100 g)
- 60 g de pain végétal
- 10 g de sauce barbecue (de bonifagi à défaut)
- 1/4 lq. de jus de citron
- 1/4 lq. d'ail en poudre
- 1/4 lq. de paprika
- 100 g de chapelure pain

POUR LA CRÈME DE COCO-MATCHA (4 PORTIONS)

- 10 cl de lait de coco
- 10 g de sucre de coco
- 1/4 à 1/2 cuillère de thé matcha
- 1 cuillère complète (environ)

Pour les nouilles saufy

1. Faites cuire les nouilles de riz selon les instructions du paquet.
2. Faites revenir l'ail, le gingembre et le quatre-épices dans l'huile. Ajoutez le reste de coco, la pointe de cacahuètes, le sucre soja, puis ajoutez le tofu restant à la fois.
3. Ajoutez les nouilles de riz et mélangez bien pendant quelques minutes à feu moyen. Il faut que la sauce soit crémeuse et recouvre bien l'ensemble des pâtes.
4. Décorer avec un peu de citron vert, de la relbeite, du concombre, des lamelles de carotte, des cacahuètes, des légumes frais et du pain en fonction de vos goûts.

Pour les nuggets de chou-fleur

1. Mélangez le pain, la sauce barbecue, le jus de citron, l'ail en poudre et le paprika dans un bol. Versez la chapelure dans un bol à côté.
2. Coupez votre chou-fleur en petites floquettes et trempez-les une par une dans la marinade, puis dans la chapelure. Réservez sur une plaque et enfournez pour 40 min à 180 °C.

Astuce : vous pouvez prendre du chou-fleur déjà cuit pour les nuggets de chou-fleur et faire cuire 15 min à 200 °C pour faire griller la chapelure.

Pour la crème de coco-matcha

1. Mélangez le sucre, le lait de coco dans une casserole, et faites chauffer à feu doux en fouettant. Quand ça épaissit, ajoutez le thé matcha, mélangez bien et terminez.

Astuce : si vous avez des grumeaux de matcha de la farine, vous pouvez faire la crème au mixer plongeant.

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