

# Tofu Larb with Herb and Noodle Salad

---

## Ingredients

½ cup glutinous rice (I used basmati rice – worked well – as I couldn't find organic glutinous rice)  
375g tofu crumbled  
1 tbsp sunflower oil or use water for oil free  
2 spring onions cut on an angle  
1 tsp ginger  
2 cloves garlic minced  
1 lemon grass cut very fine (or ground in a coffee grinder) white bit only  
2 kaffir lime leaves cut very fine (or ground in a coffee grinder)  
2 tbsp fish sauce (vegan of course <https://www.veets.com.au/blog/curing-my-childhood-nostalgia-green-papaya-salad-som-tum>)  
200g mushrooms cut small and fried in 1 tbsp oil until brown  
1 to 2 red chillies cut fine (optional)  
Juice 1 lime  
1 tsp maple syrup  
½ tbsp tamari  
¼ to ½ cup water  
Cos or iceberg lettuce leaves, 2 per person

### For the salad

2 massive handfuls of herbs - I used mint and coriander - you could also use Thai basil  
8 cherry tomatoes cut in quarters  
1 cucumber julienned  
3 tbsp cashews (or peanuts but I never use these as they give me a belly ache and are actually legumes not nuts) you can toast the cashews (I forgot)  
½ packet of bean thread noodles cooked to packet instructions  
2 tsp toasted sesame oil (optional)  
Juice 1 lime  
1 tbsp tamari (less if you want less sodium)

## Method

1. Toast the rice in a dry frying pan until it browns a little. Set aside to cool down. When cool, grind it to a flour in a spice grinder.
2. Prepare the salad by cooking the noodles to the packet instructions. Cool the noodles down by pouring filtered water on them. Add all the salad ingredients to a bowl and mix.
3. Place the sunflower oil in a wok and heat up a little, add the ginger, lemongrass, garlic and kaffir lime. Cook for 3 minutes or so. Add in the crumbled tofu and cook until it browns a little.
4. Add 2 tbsp of the ground rice flour and the water\*, tamari and fish sauce. Cook until all of the water is dissolved.  
\*I added ¼ cup water first then added a further ¼ cup – this will vary.
5. Either add the cooked mushrooms to the tofu or the salad, I got confused and added half to the tofu and ½ to the salad. Next time I will add them to the salad.
6. Serve the larb in nice big lettuce leaves with the salad on the side and the nuts in a pile next to the salad.



If you make this recipe, please share on facebook or instagram with **#veetsvegancookingschool**