Dinner

Crispy Tofu and Vegetable Stir-Fry

Golden pan-fried tofu is tossed with zucchini, capsicum and cauliflower in a fragrant garlic and ginger sauce. A splash of rice vinegar and a sprinkle of sesame seeds bring it all together.



30 min	426	13.6 g	6.6 g
time	calories	carbs	sugars

Vegan | Dairy free | Nut free

Ingredients, 2 servings

- [ ] 300 g firm tofu, drained, pressed & cubed
- [ ] 1 tablespoon tamari, reduced salt
- [ ] 1 tablespoon sesame oil
- [ ] 2 cloves garlic, crushed
- [ ] 1 teaspoon fresh ginger, grated
- [ ] 1 small zucchini, sliced
- [ ] 1 small capsicum, sliced
- [ ] 1 cup cauliflower florets
- [ ] 1 tablespoon rice vinegar
- [ ] 1 teaspoon sesame seeds (optional, to garnish)
- [ ] Fresh coriander or spring onion, chopped, to serve

Method

- [ ] **1** Begin by draining the firm tofu well and pressing it firmly so all the moisture escapes, then chop it into 2-3 cm cubes.
- [ ] **2** Warm half of the sesame oil in a non-stick pan, then let the tofu cubes cook for about 8-10 minutes, turning them so each side turns golden and crisp. Lift them out and keep them to one side.
- [ ] **3** Without wiping the pan, pour in the rest of the sesame oil, then add the crushed garlic and the grated fresh ginger. Let them sizzle for 30 seconds until the aroma rises.
- [ ] **4** Tip in the sliced zucchini, the sliced capsicum and the cauliflower florets, keeping everything moving for 4-5 minutes so the vegetables soften yet stay crisp.
- [ ] **5** Slide the tofu back into the pan, drizzle over the reduced salt tamari together with the rice vinegar, and give it all a good toss so every piece is glazed and warmed right through.
- [ ] **6** Just before serving, garnish the dish with the sesame seeds and a scattering of chopped fresh coriander or spring onion.

Nutrition Facts

Per serving

Calories	**426**
Total fat	26 g
Saturated fat	3.9 g
Sodium	532 mg
Total carbs	13.6 g
Fiber	12.7 g
Total sugars	6.6 g
Protein	31 g

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