

Tofu, Broccoli and Cashew Stir Fry

Serves: 4

Prep time: 20 minutes

Cook time: 15 minutes



3 serves per portion

Ingredients

2 tablespoons reduced salt soy sauce
2 garlic cloves, minced
3cm piece of fresh ginger, minced/grated
1 teaspoon honey
1 tablespoon sesame oil
400g firm tofu, cut into cubes or strips
1 onion, chopped into crescents
1 carrot, julienned
1 stick celery, sliced
1 red capsicum, deseeded and sliced
½ head broccoli, cut into florets
⅓ cup unsalted roasted cashews, roughly chopped
Brown rice, to serve

Method

MIX soy sauce, garlic, ginger, honey and half the sesame oil in a bowl.

MARINATE tofu in soy sauce mix for about 10-15 minutes while you prepare remaining ingredients.

HEAT pan or wok over medium heat. Add marinated tofu and fry for 5 minutes or until outside is browned. Remove from pan and set aside.

ADD remaining oil, onion, carrot, celery, capsicum and broccoli to the wok and cook for 5 minutes.

RETURN tofu and any remaining marinade to the pan and cook for a further 2 minutes.

SERVE with cashews and brown rice.



Everyday Food

Recipe courtesy of the Country Kitchens team