

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



Everyday Food

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.

Recipe courtesy of the Country Kitchens team