



Tofu Vegetable Stir Fry

SERVES 4

INGREDIENTS

- 2 tbs salt reduced soy sauce
- 1 tbs olive oil
- 2 garlic cloves, crushed
- ¼ tsp five spice powder
- 600g firm tofu, cubed
- 1 medium onion, sliced
- 2cm piece ginger, grated
- 1 tsp chilli paste (sambal oelek)
- 1 red pepper, sliced thinly
- 150g snow peas or mangetout, cut into thin strips
- 1 bunch baby bok choy, sliced
- 1 cup bean sprouts

METHOD

1. Combine 2 tbs soy sauce, 1 tsp olive oil, 1 tbs of water, half the ginger and garlic and the five spice powder in a bowl. Add the tofu, stir to combine and refrigerate for at least one hour.
2. Preheat the oven to 200°C.
3. Place the tofu on a lined baking tray and bake for 20 minutes turning once. Set aside.
4. Heat the remaining oil in a wok over medium/high heat. Stir fry the onion for 1 minute. Add remaining garlic and ginger, chilli paste, pepper and snow peas and bok choy and stir fry for two minutes.
5. Add the bean sprouts and tofu and stir until heated through.

