



# Tofu, Zucchini and Aubergine Stir Fry

SERVES 4

## INGREDIENTS

1 tablespoon balsamic vinegar  
2 cloves garlic, crushed  
4 x 150g firm tofu cut into 2cm cubes (females)  
4 x 250g firm tofu cut into 2cm cubes (males)  
1 teaspoon olive oil  
3 thin aubergines, thinly sliced, diagonally  
2 zucchini, thinly sliced, diagonally  
1/4 3 cup vegetable stock  
100g mange touts, trimmed

## BASIL PESTO

1 cup firmly packed fresh basil  
2 tablespoons olive oil  
1 clove garlic, crushed  
Salt and pepper  
1/4 cup vegetable stock

## METHOD

1. Place pesto ingredients in a food processor and process until smooth. Set aside.
2. Combine 1 tablespoon of the pesto, the balsamic vinegar and garlic in a large glass bowl. Add tofu and toss until well coated. Set aside for 30 minutes.
3. Heat half the oil in a wok over medium heat. Stir fry tofu for 5 minutes until lightly browned. Remove and return to pesto bowl and coat.
4. Heat the remaining oil in the wok on medium to high heat. Add aubergine and stir fry for 3 minutes. Add zucchini and cook for a further 2 minutes. Add stock and cook until the vegetables are tender.
5. Add tofu and remaining pesto and cook until heated through. Add mange touts and cook for 1 minute. **Serve immediately.**

