

Tofu Stir-Fry Vegetables

Calories: 59 kcal

Servings: 2

Time: 45 Mins

Ingredients

- 100.00 g Broccoli
- 100.00 g Cauliflower
- 70.00 g Mushrooms (common)
- 20.00 g Onions
- 80.00 g Red Capsicum
- 45.00 g Spinach
- 200.00 g Tofu (drained and sliced into strips)

Instructions

1. First, combine all the sauce ingredients together in a small bowl. Then pour half into an airtight jar and store in the fridge.
2. Thinly slice and drain tofu first by squeezing between two plates weighted covered in paper towel and weighted down for 15mins. Then marinate in 1/2 of sauce for 15-30mins.
3. Then heat the oil in wok or large deep skillet on medium-high heat and fry until slightly golden, then remove and set aside in a bowl.
4. Using the same wok, heat half the oil in wok or large deep skillet on medium-high heat. Add onion and mushrooms; stir fry 2 minutes.
5. Add remaining vegetables (except spinach) and stir fry for 5-7 minutes or until vegetables are tender and crisp.
6. Add tofu, sauce and spinach, and stir fry for another 2 minutes until spinach has wilted and sauce has thickened.