

# Indian Stir-Fry with Tofu

**Calories:** 177 kcal

**Servings:** 1

**Time:** 20 Mins

## Ingredients

- 60.00 g Bok Choy
- 50.00 g Broccoli (cut into florets)
- 0.25 tsp Chili Powder
- 0.50 tsp Cumin Powder
- 1.00 clove Garlic ( (crushed)
- 0.25 tsp Ginger Powder
- 2.00 tsp Olive Oil
- 40.00 g Onions (sliced)
- 2.00 g Salt and Pepper (to season)
- 60.00 g Snow Peas
- 100.00 g Tofu (pressed, then cut into strips)
- 0.25 tsp Turmeric Powder
- 50.00 ml Water

## Instructions

1. Heat oil in a wok or frying pan.
2. Add tofu strips and stir-fry until tofu is slightly brown and crispy.
3. Add all spices and cook over medium heat for 2 minutes. Remove and set aside, keeping warm.
4. Add onion to the pan and stir-fry for a few minutes, then add broccoli, snow peas, bok choy and w
5. Return tofu and stir through to finish cooking.
6. Season with salt and pepper and serve.