



Tofu Stir Fry

 30 minutes preparation + 10 minutes cooking.

 13 serves of vegetables.

INGREDIENTS

2 cups rice
275g firm tofu, cubed
1 clove garlic, crushed
2 tablespoons ginger, grated
1 tablespoon oyster sauce
2 tablespoons chilli sauce (1/2 teaspoon chilli flakes)
1 tablespoon sesame or olive oil
1 medium carrot, thinly sliced
1 red capsicum, seeded and sliced
150g snow peas, cut into strips with strings removed
200g mushrooms, sliced
6 spring onions, chopped
1/2 Chinese cabbage, finely sliced
1 cup bean shoots



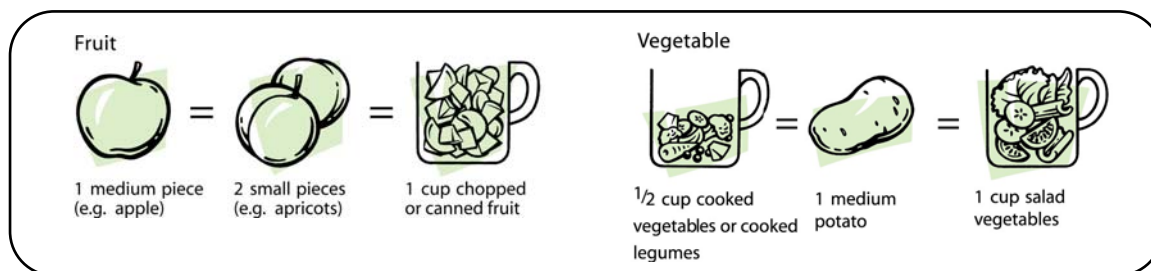
DIRECTIONS

Cook rice following packet directions. Place tofu in a bowl and marinate for 30 minutes with garlic, ginger and sauces. Drain, retaining marinade. Heat a wok or non stick frypan, add oil and tofu and stir-fry until brown on all sides. Remove and keep warm. Add remaining ingredients except bean shoots and stir for 3-4 minutes until lightly cooked. Add bean shoots and tofu, stir through reserved marinade. Serve with rice. Serves 4.

VARIATION

Savoy cabbage, Brussels sprouts or bok choy may be used instead of Chinese cabbage and try a small leek instead of spring onions.

WHAT IS A SERVE?



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