

From our kitchen to yours



Tofu and Vegetable Stir Fry

Courtesy of Health Canada

PREP TIME: 10 min **COOK TIME: 15 min** **TOTAL TIME: 30 min** **YIELDS: 4 servings**

Ingredients:

350 g	extra firm tofu	4 cups	fresh or frozen cut vegetables
1 tsp	ground ginger		
1/2 tsp	curry powder	3/4 cup	no salt added vegetable broth
1	pinch fresh ground pepper	1 tbsp	hoisin sauce
2 tsp	sesame oil	1 tsp	cornstarch
1	onion, sliced	1 tsp	sesame seeds, toasted (optional)
2 cloves	garlic, minced		

Directions:

On a cutting board, cut tofu into cubes. Toss cubed tofu with ginger, curry and pepper in a bowl.

In a nonstick skillet, heat oil and brown tofu. Remove to plate. Spray skillet with cooking spray and return to medium heat. Cook onion and garlic for 2 minutes to start softening. Add vegetables.

In a small bowl, whisk together broth, hoisin and cornstarch. Pour into skillet and bring to a simmer. Cover and cook for about 5 minutes. Add tofu back to skillet and stir to coat well.

Sprinkle with sesame seeds before serving, if using. Enjoy this over cooked brown rice noodles.

