



TOFU STIR FRY

Serves: 6 Ready in: 30 mins Cost per serve: \$2.00



Ingredients

500g firm tofu, diced
2 medium carrots, sliced
1 white onion, sliced
¼ cup water
1 cup cabbage, shredded
1 cup mushrooms, sliced
1 tbsp canola or vegetable oil
4 tbsp light soy sauce
5 cups cooked rice
1 tsp sesame oil (optional)
1 handful spring onions, chopped (optional)

✓ Tips

- Opt for brown rice for a boost in fibre and important minerals!
- This stir fry can be served with noodles instead of rice.
- Substitute or add frozen or seasonal vegetables and leafy greens such as spinach, broccoli or bok choy to bulk up the meal.

Directions

1. In a bowl, add 2 tbsp soy sauce to tofu, tossing gently to coat tofu.
2. In a large pan, heat vegetable oil and stir fry tofu, carrots and onion over medium heat for 7-9 minutes, until tofu is golden brown.
3. Add water, cabbage, mushrooms and remaining soy sauce. Cover and cook for another 5 minutes.
4. Spoon stir fry mix and sauce over rice and top with sesame oil and spring onions before serving if desired.

