





### CHINESE FIVE SPICE TOFU STIR FRY (2 PTN)

This amazingly fresh and tasty Chinese Five Spice Tofu Stir Fry provides an excellent boost of plant power. It is entirely vegan and gluten free, and is an easy and satisfying recipe that's packed with lots of flavours and nutrients.

 40 minutes  
 1 hour and 5 minutes  
 2 portions

## INGREDIENTS

- 200 grams of tofu, soya bean, steamed
- 1 heaped tablespoon of flour, corn (30 g)
- 1 tablespoon of coconut oil
- 1 tablespoon of sesame oil
- 1 onion, sliced
- 1 clove of garlic, minced
- 1 tablespoon of root ginger, minced
- 1 small unit of carrots, old, raw (30 g)
- 1 red pepper, chopped
- 1 medium courgette, sliced
- 2 spring onions, sliced
- 1 tablespoon of sesame seeds, to garnish
- 1 tbs of sauce, hoisin, ready-to-serve (16 g)
- 1 tbs of sauce, oyster, ready-to-serve (18 g)
- 1/2 teaspoon of Chinese 5 spice (for the stir fry sauce)
- 1 tablespoon of corn flour (for the stir fry sauce)
- 120mls of water (for the stir fry sauce)
- 1 teaspoon of sesame oil (for the stir fry sauce)
- 1 tablespoon of coconut sugar (for the stir fry sauce)

## COOKING METHOD

- 1° Wrap the tofu in kitchen paper and press to squeeze out the excess liquid. Lay into a dish and place a heavy pan or can on top. Set the plate aside for 30 minutes (or overnight) until the tofu is dry. Then, cut the tofu into cubes.
- 2° Place the tofu into a bowl, sprinkle the cornflour on top and gently toss until all the tofu pieces are coated.
- 3° Heat the coconut oil in a large pan or wok over a medium-high heat. Add the tofu and cook for about 3-4 minutes until crispy, then flip and repeat on all sides. Remove the tofu and set aside.
- 4° Reduce the heat to medium and add the sesame oil, along with the onion, garlic and ginger and cook for 1 minute until fragrant. Next add in the carrots, pepper and courgette, cooking for a further 5 minutes, until the vegetables are tender.
- 5° Meanwhile, mix all the sauce ingredients together in a small bowl. Add the sauce to the vegetables, along with the cooked tofu and stir well. Cook for a further 1-2 minutes until the sauce thickens and the tofu has heated through.
- 6° Remove off heat and sprinkle with sesame seeds.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (381 g)	% DRI
ENERGY	101 kcal	384 kcal	19 %
PROTEIN	3 g	12 g	23 %
CARBOHYDRATE	10 g	39 g	15 %
SUGARS	4 g	14 g	16 %
FAT	6 g	21 g	30 %
FATTY ACIDS, TOTAL SATURATED	2 g	7 g	35 %
FIBER	1 g	3 g	11 %
SODIUM	106 mg	403 mg	17 %