



THE BUDDHIST CHEF'S GENERAL TSO'S TOFU

2 portions

INGREDIENTS

- 500g Firm Tofu
- 3 tbsps vegetable oil (38 g)
- 3 spring onions, diced (75 g)
- 2 cloves of garlic,minced (6 g)
- 1 tbsps of ginger, ground (5 g)
- 2 tbsps of maple syrups, (40 g)
- 2 tbsps of soy sauce (36 g)
- 2 tbsps of tomato paste (32 g)
- 1 tsp of sauce, hot chile, sriracha (7 g)
- 1 cup of vegetable stock (221 g)
- 1 cup chopped of broccoli , raw (40 g)
- 2 cups green beans, chopped (200 g)
- 1 cup carrots, chopped (128 g)
- 1 cup, capsicum, chopped (149 g)

COOKING METHOD

- 1° In a large bowl, gently toss the tofu in 1/4 cup cornstarch until well coated. Shake off the excess.
- 2° Heat the oil in a wok or large pan over medium-high heat. Add vegetable except spring onions and cook until just tender. Remove
- 3° Add the tofu and cook until golden brown and crispy. Add more oil, if necessary.
- 4° Stir in the spring onions, garlic, ginger, maple syrup, soy sauce, ketchup, Sriracha sauce, and vegetable broth.
- 5° Simmer over medium heat until the sauce thickens. If it's too thick, add a little water until the desired consistency is reached. Re-add sautee vegetables, heat and serve.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (722 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 74 kcal | 536 kcal | 27 % |
| FAT | 4 g | 28 g | 43 % |
| FATTY ACIDS, TOTAL SATURATED | 1 g | 8 g | 39 % |
| CHOLESTEROL | 1 mg | 11 mg | 4 % |
| SODIUM | 206 mg | 1490 mg | 62 % |
| CARBOHYDRATE | 6 g | 47 g | 16 % |
| SUGARS | 4 g | 27 g | — |
| FIBER | 1 g | 11 g | 43 % |
| PROTEIN | 4 g | 29 g | — |