

Peanut Tofu Broccoli Stir-Fry

Web Recipe · Dinner · GF

475 cal · 30g protein · 45g carbs · 20g fat · 4 servings

Ingredients

- 1 block (14 oz) extra-firm tofu pressed and cubed
 - 4 cups broccoli florets
 - 1 large red bell pepper sliced
 - 1 cup shelled edamame
 - 3 green onions sliced
 - 2 cups cooked brown rice
 - 2 tbsp sesame oil
 - 1 tbsp cornstarch
 - 3 tbsp natural peanut butter
 - 2 tbsp low-sodium soy sauce
 - 1 tbsp rice vinegar
 - 1 tbsp maple syrup
 - 1 tbsp sriracha
 - 2 cloves garlic minced
 - 1 tsp fresh ginger grated
 - 2 tbsp crushed peanuts
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Instructions

1. Press tofu for 15-20 minutes, then cube and toss in cornstarch.
 2. Make the peanut sauce: whisk peanut butter, soy sauce, rice vinegar, maple syrup, sriracha, garlic, and ginger. Add water to thin.
 3. Heat sesame oil in a large wok or skillet over high heat. Pan-fry tofu 8-10 minutes until golden and crispy on all sides. Remove and set aside.
 4. In the same pan, stir-fry broccoli and bell pepper for 4-5 minutes until crisp-tender.
 5. Add edamame and cook 2 minutes. Return tofu to the pan.
 6. Pour peanut sauce over everything and toss to coat evenly.
 7. Serve over brown rice. Top with crushed peanuts and green onions.
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