Spicy Peanut Tofu Stir-Fry

Web Recipe · Lunch · GF

520 cal · **30g protein** · **52g carbs** · **22g fat** · **4 servings**

Ingredients

- 1 block (14 oz) extra-firm tofu pressed and cubed
- 1 tbsp sesame oil
- 2 cups broccoli florets
- 1 large red bell pepper sliced
- 1 cup snap peas
- 1 cup shredded carrots
- 3 green onions sliced
- 2 cups cooked brown rice
- 3 tbsp natural peanut butter
- 2 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tbsp sriracha
- 1 tbsp maple syrup
- 1 clove garlic minced
- 1 tsp fresh ginger grated

Instructions

1. Press tofu for 15-20 minutes, then cut into cubes.

2. Make the peanut sauce: whisk together peanut butter, soy sauce, rice vinegar, sriracha, maple syrup, garlic, and ginger. Add water to reach desired consistency.

3. Heat sesame oil in a large wok or skillet over high heat. Cook tofu cubes 8-10 minutes, turning occasionally, until golden on all sides. Remove and set aside.

4. In the same pan, stir-fry broccoli, bell pepper, snap peas, and carrots for 5-7 minutes until crisp-tender.

5. Return tofu to the pan. Pour peanut sauce over everything and toss to coat.

6. Serve over brown rice, garnished with green onions.