

Spicy Peanut Tofu Stir Fry

This lower carb dinner, can be made more complete for those with more macros to play with by adding some brown or white rice!



PREP TIME

10 mins

COOK TIME

15 mins

TOTAL TIME

25 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

2 serving

CALORIES

346 kcal

INGREDIENTS

Stir Fry

- 7 oz High Protein Tofu
- 1 Tbsp cornstarch
- 1/2 Tbsp oil mild oil like peanut or canola
- 1/2 c Pea Pods
- 1/2 c Broccoli
- 1/4 c Carrots shredded
- 1/4 c onions sliced
- 2 Tbsp Peanuts chopped

Sauce

- 2 tsp garlic minced
- 2 tsp fresh ginger minced
- 3 Tbsp soy sauce
- 1/2 tsp chili powder (or red chili flakes)
- 3 Tbsp PB2
- 1 Tbsp lime juice

- 1 Tbsp brown sugar

INSTRUCTIONS

Tofu

1. Cut the tofu into 1-inch cubes.
2. Place the cornstarch and salt into a ziplock bag. Add the tofu, zip the bag and give it a toss so the tofu is coated with the cornstarch.

Sauce

1. Prepare the sauce by combining all the sauce ingredients for the sauce in a blender until smooth. Alternatively you can just whisk it very well in a bowl.

Stir Fry

1. In a large non-stick skillet over medium-high heat, add 1/2 tablespoon of oil (7ml) and swirl to coat pan.
2. Add the cubed tofu to the pan and let fry for 3 minutes. Flipping the tofu as needed to ensure even browning on all sides.
3. Add 1 tablespoon (15ml) of the prepared sauce to the tofu and allow to cook for an additional 2-3 minutes.
4. When the tofu is caramelized, remove to a plate.
5. Add the veggies to the pan and cook for 3-4 minutes or to desired doneness on high.
6. Add the tofu back into the skillet, turn the stove off. Drizzle in the peanut sauce and toss to coat. Remove stir fry to a serving dish.
7. Top with chopped peanuts and serve with brown rice or quinoa.

NUTRITION

Nutrition Facts

Spicy Peanut Tofu Stir Fry

Amount Per Serving

Calories 346 Calories from Fat 125

% Daily Value*

Fat 13.9g **21%**

Carbohydrates 35g **12%**

Fiber 8.1g **34%**

Protein 21.5g **43%**

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!