

Tofu Stir-Fry with Peanut Sauce



Recipe

Combine all peanut sauce ingredients in a food processor or blender, and blend until the peanut sauce is smooth, cohesive and creamy, about 30 seconds.

In a large skillet or wok, warm the oil over medium-high heat. Add the tofu, and let it fry for a few minutes on each side, about 10-12 minutes total. When the tofu has gotten crispy remove from pan and set aside on a paper towel lined plate.

In the same skillet add the cabbage and broccoli, and sauté until the vegetables are soft and tender, about 8 minutes. Turn the heat down to medium, return tofu to the skillet and add the peanut sauce. Toss to coat and allow to cook for another 1-2 minutes.

Ingredients With Measurements

Peanut Sauce

- 1 tablespoon fresh ginger, minced or grated
- 1 large garlic cloves, minced
- ½ cup natural peanut butter (unsalted)
- ¼ cup low-sodium soy sauce
- ¼ cup water
- 3 tablespoon apple cider vinegar
- 1 teaspoon sriracha
- 2 tablespoon toasted sesame oil
- 2 tablespoon canola oil

Meal

- 1 (14 oz) package extra firm tofu, drained on a towel and cut into 1 inch cubes
- 2 cups roughly chopped cabbage
- 1 small head of broccoli, cut into florets

Ingredients Without Measurements

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| Fresh Ginger | Garlic | Natural Peanut Butter |
| Low-Sodium Soy Sauce | Water | Apple Cider Vinegar |
| Sriracha | Toasted Sesame Oil | Canola Oil |
| Extra Firm Tofu | Cabbage | Broccoli |