KIKKOMAN

Stir fried tofu with vegetables

Total time **35 mins** **20 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
2,177 kJ / 521 kcal

Fat: **39.2 g** Protein: **23.8 g**
Carbohydrates: **12.4 g**

INGREDIENTS

2 portion(s)

250 g	firm tofu, in cubes
50 g	green beans, in pieces
50 g	snow peas, cut in half diagonally
1	small red chilli pepper, finely diced
1	clove of garlic, finely diced
15 g	fresh ginger, finely diced
1	small pak choi stems (white part), in strips
50 g	bean sprouts
5 tbsp	frying oil
2 tbsp	Kikkoman Seasoning for Sushi Rice (125ml)
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	Kikkoman Toasted Sesame Oil

For the topping

1	small carrot, in very fine strips
20 g	leek, in fine strips
5.5	small pak choi leaves
1	spring onion, finely sliced
2.5	stalks flat leaf parsley, leaves plucked off
3	stalks coriander, leaves plucked off

PREPARATION

Step 1

Blanch green beans in boiling water in a wok for about 2 minutes, remove, drain and set aside.

Step 2

Blanch snow peas as well, drain and set aside.

Step 3

Drain water from wok, pat wok dry and add a little oil. Add chilli pepper to the wok, sauté and remove.

Step 4

Heat 1 tbsp oil in the wok. Add tofu, fry all sides until golden brown and remove.

Step 5

Add garlic and ginger to the wok and fry in the remaining oil.

Step 6

Add pak choi stems (white part) and bean sprouts and stir fry. Add blanched beans and snow peas and stir fry briefly. Add tofu and pak choi leaves.

Step 7

Season everything with Kikkoman seasoning for sushi rice, Kikkoman soy sauce and Kikkoman sesame oil.

Step 8

Top the tofu stir fry with carrot and leek strips, pak choi leaves, spring onion, fried chilli, parsley and coriander and serve with cooked basmati rice if desired.