

Sesame Tofu Stir Fry with Vegetables

Serves: 1

Prep time: 20- 30 Minutes

Cooking time: 15 Minutes

Ingredients:

- 1 tablespoon toasted sesame seeds
- 100g firm tofu
- 1 tablespoon cornflour
- pinch salt
- 1 tablespoon coconut oil
- ½ cup bok choy, roughly chopped
- ⅓ cup beans, cut into 3cm lengths
- ⅓ cup sliced carrots

Sauce:

- 1 teaspoon sesame oil
- 1 teaspoon grated ginger
- 1 teaspoon grated garlic
- 1teaspoon white vinegar
- 2 teaspoon soy sauce
- 1 teaspoon sliced red chilli
- pinch brown sugar
- ½ teaspoon cornflour
- 1 teaspoon water

Method:

- Dry the tofu with a paper towel and cut into 2cm cubes, cover with paper towel and leave to dry completely, cut into cubes and dust with cornflour and salt
- **Meanwhile** prepare the sauce by combining all the sauce ingredients into a blender, and blend until smooth. Set aside
- Heat the coconut oil, in a non stick frying pan over medium-high heat
- Add the tofu, and brown on all sides (2-3 minutes each side) **careful not to burn it**. Remove and set aside
- Add the vegetables to the frying pan and stir fry for 3-5 minutes, remove and set aside
- Add the sauce to the pan and stir until sauce thickens slightly
- Return the tofu and vegetables to pan and reheat tossing gently to coat with the sauce
- Sprinkle with the sesame seeds and serve



This delicious vegetarian stir fry is quick easy and so yummy