SHOPPING LIST

Crispy Tofu and Vegetable Stir-Fry with Peanut Sauce

Serves 4

For the tofu

- [ ] 400 g firm tofu, pressed and cut in cubes
- [ ] 3 tbsp cornflour
- [ ] 4 tbsp neutral oil

For the stir-fry

- [ ] 1 red pepper, sliced
- [ ] 1 large carrot, cut in thin sticks
- [ ] 200 g broccoli florets
- [ ] 150 g sugar snap peas
- [ ] 3 spring onions, sliced
- [ ] 2 garlic cloves, chopped
- [ ] 1 tbsp grated fresh ginger

For the peanut sauce

- [ ] 3 tbsp smooth peanut butter
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp maple syrup
- [ ] Juice of 1 lime
- [ ] 100 ml warm water

To serve

- [ ] 300 g jasmine rice
- [ ] Chopped peanuts and coriander

Tick off what you already have at home.