FRESH & COOL

Crispy Tofu and Vegetable Stir-Fry with Peanut Sauce

PREP	COOK	SERVES
20 min	20 min	4

Vegan Vegetarian

Golden crispy tofu and crunchy vegetables in a glossy peanut and lime sauce, served over rice. Fully vegan.

Ingredients

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

Method

1. Cook the rice according to the packet instructions.
2. Toss the pressed tofu with the cornflour and a pinch of salt until evenly coated.
3. Heat half the oil in a large non-stick pan and fry the tofu for 8 to 10 minutes, turning, until golden and crisp on all sides. Take it out.
4. Whisk the peanut butter, soy sauce, maple syrup, lime juice and warm water until smooth.
5. Heat the remaining oil in the pan or a wok over high heat. Stir-fry the carrot and broccoli for 3 minutes, then add the pepper and snap peas for 2 minutes more.
6. Add the garlic, ginger and spring onions and stir for 30 seconds. Pour in the sauce and let it bubble for 1 minute.
7. Return the tofu, toss gently, and serve over the rice with peanuts and coriander.

> ### Cook's tip
> Press the tofu for at least 20 minutes between kitchen paper under something heavy. Less water means crispier tofu.