



SAUCY TOFU STIR FRY

WITH NOODLES

DIFFICULTY: Easy | SERVES: 4 | READY IN: 40 minutes

This saucy tofu stir fry has a secret ingredient, which makes a quick, easy and flavoursome sauce. Read on to find out more. A great Chinese fakeaway!



STIR FRY

- 300g firm tofu (10.6oz)
- 1/4 cup brown rice flour (30g)
- 1 tsp Chinese five spice
- 1/4 tsp salt
- 1/8 tsp black pepper
- 200g button mushrooms (7oz)
- 100g sugar snap peas (3.5oz)
- 1 green capsicum
- 1 small brown onion
- 3 cloves garlic
- 4 tsp peanut oil
- 1 tsp finely grated ginger
- 400g can whole corn kernels (14oz)

- 1 vegetable stock pot (28g)
- 350g pre-cooked wholegrain noodles (12.3oz)
- 2 spring onions *optional*
- 1 Tbsp sesame seeds *optional*

SAUCE

- 2 Tbsp soy sauce
- 1 1/2 Tbsp tomato paste
- 1 Tbsp apple cider vinegar
- 1 Tbsp Worcestershire sauce
- 1 1/3 cups sugar free cola (330ml)

1. PREPARE TOFU AND VEGGIES

Slice tofu into strips (roughly 5-10mm/0.3in thick and 4cm/1.5in long). Combine flour, Chinese five spice, salt and pepper in a medium-sized resealable bag or container. Add tofu strips and shake gently to coat.

2. Gently wipe mushrooms clean and cut into quarters. Trim ends off sugar snaps and thinly slice capsicum and onion. Crush garlic.

3. MAKE SAUCE

Whisk together soy sauce, tomato paste, vinegar and Worcestershire sauce. Whisk in cola.

4. COOK STIR FRY

Heat 2 teaspoons oil in a large wok on high heat. Remove tofu from bag/container, discarding excess flour. Add tofu to wok and fry for 1-2 minutes each side, until golden brown (you may need to do this in a couple of batches). Remove onto a plate.

5. Add remaining 2 teaspoons oil to wok, then add mushrooms, sugar snaps, capsicum, onion, garlic and ginger. Stir fry for 2-3 minutes, until veggies start to soften. Stir in drained corn kernels, then add sauce. Bring to the boil and stir in stock pot. Simmer rapidly for 10 minutes, until sauce has thickened.

6. Meanwhile, thinly slice spring onions, if using.

7. SERVE

Add noodles and tofu to stir fry. Gently toss until well coated with sauce and warmed through. Divide stir fry between individual serving bowls and garnish with spring onions and sesame seeds (if using).



WINE MATCH: A fruity Pinot Noir. Or a glass of leftover cold!!

SAUCY TOFU STIR FRY RECIPE NOTES

GLUTEN-FREE OPTION: If you can't find a gluten-free stock pot, use two gluten-free vegetable stock cubes dissolved in 1/4 cup boiling water instead. Use rice noodles (the thicker style is best - you will likely need to pre-cook them, follow instructions on packet). Use gluten-free soy sauce and Worcestershire sauce.

INGREDIENT SWAPS / NOTES: For a non-vegetarian meal, you could use 400g / 14oz diced chicken thighs or tenderloins. Follow the same process as for the tofu (just cook for longer). You can swap out the vegetables for whatever you have on hand - throw in some of the cabbage from the oven fried chicken meal if you like! Beans or broccoli are a good replacement for the sugar snaps or capsicum. Wholegrain noodles can be replaced with Singapore noodles. If you dislike sugar free drinks, the sugary versions work as well. For an alternative to cola, try ginger beer (I haven't tested this though!).

MAKE IT VEGAN: The stock pots I used contained milk extracts. Make this meal vegan by swapping the stock pot for two vegan stock cubes dissolved in 1/4 cup boiling water.

STORING AND REHEATING: Store individual portions in containers in the fridge and reheat in the microwave. Keep garnishes separate and add just before serving.