

Tofu Stir-Fry with Broccoli and Peanuts

Preparation time	15 minutes
Cooking time	15 minutes
Servings	4
Cost per serving	\$1.91
Storage	3 days in the fridge
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, large bowl, fork, large frying pan, wooden spoon, plate



Ingredients



175 ml (¾ cup)
peanut butter



60 ml (¼ cup)
soy sauce



60 ml (¼ cup)
apple cider vinegar



310 ml (1¼ cup)
warm water



5 ml (1 tsp) **fresh ginger**, peeled and minced (optional)



Salt, pepper and **Tabasco-style hot sauce**, to taste



30 ml (2 tbsp) **canola oil**
(divided: 20 ml [4 tsp] + 10 ml [2 tsp])



1 **firm tofu** block (454 g),
diced into 2.5 cm (1-inch) cubes

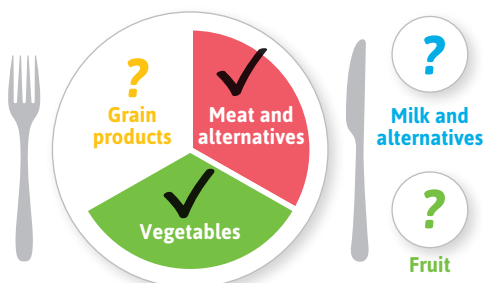


1 large or 2 small **yellow onions**, peeled and chopped into large chunks



750 ml (3 cups)
broccoli pieces

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Balanced plate

Serve with:

- ? A grain product (rice or Asian-style noodles, for example)
- ? A glass of milk or fortified soy beverage
- ? A fruit

Directions

1

In a large bowl, add the **peanut butter, soy sauce, apple cider vinegar, warm water, ginger, salt, pepper** and **hot sauce** and mix with a fork. Set aside.

Tip: Since this recipe only takes a few minutes to prepare, prepare your side dishes ahead of time.



2

In a large frying pan, heat **20 ml (4 tsp)** of **oil** over medium-high heat, add the **tofu cubes** and cook until browned on all sides. Set aside on a plate.

Variation: Instead of tofu, you can use any protein of your choice: chicken or pork strips, thin slices of beef, or shrimp.



3

In the same pan, add **10 ml (2 tsp)** of **oil** and cook the **onions** for about 1 minute.



4

Add the **broccoli** and cook for 2 minutes.



5

Add the **peanut sauce** and **tofu cubes**. Mix and adjust **salt, pepper** and **hot sauce** to taste.

Variation: This recipe can be customized by using various garnishes like fresh coriander, lime juice, or crushed peanuts.



My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition