



Sesame Ginger Stir Fry

SERVINGS: 3-4

PREPPING TIME: 25 MIN

COOKING TIME: 15 MIN

Ingredients

- 1 (14 OZ) PACKAGE EXTRA FIRM TOFU
- 1 TABLESPOON CORNSTARCH
- ½ TEASPOON SALT
- 3 TABLESPOONS HIGH HEAT OIL
- 2 ½ CUPS GREEN BEANS, CUT INTO 1-INCH PIECES (OR ANY GREEN VEGGIE)
- 1 CUP PEPPERS, SLICED THINLY
- 1 CUP CARROTS, CUT LENGTHWISE

SAUCE INGREDIENTS

- 1 TABLESPOONS SESAME OIL
- 1 ½ TABLESPOON GRATED GINGER
- 1 ½ TABLESPOONS MINCED GARLIC
- 1 TABLESPOONS RICE VINEGAR
- 3 TABLESPOONS SOY SAUCE (OR GF TAMARI)
- ¼ TEASPOON RED PEPPER FLAKES
- 3 TABLESPOONS BROWN SUGAR
- 1 TABLESPOON CORNSTARCH
- 2 TABLESPOONS WATER

Directions

- TOFU:** Drain tofu from packaging. Then, cut into ¾-1 inch cubes and toss in 1 tablespoon of cornstarch and the ½ teaspoon of salt in a zip-top bag until coated.
- BLEND:** While the tofu is drying, prepare the sauce. Combine sauce ingredients in a blender until completely smooth. Set aside.
- CRISPY TOFU:** In a wok or large nonstick skillet over medium-high heat, add 2 tablespoons of oil. Add tofu and let fry for 3-7 minutes. Flip tofu as needed to brown on all sides. Add 2 tablespoons of prepared sauce and allow to cook until the sauce coats the tofu; about 2-3 minutes. When the tofu is caramelized, remove to a plate.
- STIR FRY:** Add the remaining tablespoon of oil to the pan, if needed. Toss in veggies and cook for 3-4 minutes, tossing as needed to desired doneness. Add tofu back to the skillet. Stir the sauce to combine and pour it in. Stir to coat. Cook for an additional 1-2 minutes or until the tofu soaks up the sauce.
- Serve warm with rice, quinoa, noodles or on its own.

USE ANY CHOICE OF VEGETABLES IN THIS THAT YOU HAVE IN THE FRIDGE. ALSO GOES GREAT WITH TOASTED CASHEWS OR SESAME SEEDS.

