

Sesame Hoisin Marinated Tofu Cubes on Stir Fry Asian Greens Serves 4 people

This delightful dish will have your mouth watering from the deliciously authentic fragrant hoisin combined with sweet nutty scent of sesame seeds. Using pre-marinated Tonzu tofu in this dish gives you an easy and healthy nutritious mid-week dinner for the whole family!

Difficulty Level: Easy

Prep Time: 10 minutes

Cook Time: 10-20 minutes

Total Time: 20-30 minutes

INGREDIENTS

- 800g (2 packs) TONZU Marinated Tofu Cubes Sesame Hoisin
- 3-5 tbsp sesame seeds
- olive oil
- 3-5 cloves of garlic, crushed
- small knob of ginger, grated
- 2 bunches of bok choy, cut into long chunky slices
- 1 bunch of green beans, top and tailed
- 3 courgettes, sliced on the diagonal
- 1 cup broccoli florets
- 1 pack of snow peas (if available), trimmed

HOW TO MAKE

1. Place a small amount of olive oil into a non-stick fry pan. Once warmed, place the marinated tofu in the oil saving any excess marinade to add to the veggies. Sprinkle sesame seeds onto the tofu and gently stir fry the tofu in the oil, turning frequently to brown and caramelize. Once done, put the tofu aside in a separate bowl.
2. Splash a little more oil into the pan and add the chopped/crushed ginger and grated garlic and stir fry for a few minutes. Add the greens one by one on a medium to high heat starting with the ones that take the longest to cook – i.e., place broccoli, then beans, then courgettes, then bok choy and finally snow peas. Stir fry the greens until the bok choy starts to wilt.
3. Add back in the cooked tofu and stir fry through the greens until warmed through and looking ready to serve.
4. Serve as is piled into bowls, or if a more substantial meal is desired, serve on a bed of brown rice, rice/quinoa blend or rice/soba noodles. Enjoy this flavourful bowl of protein rich green goodness!

