Tofu and vegetable stir fry

The ginger and sesame flavour of this stir-fry will work well with a variety of vegetables.

Vegetarian · **30 mins or less** · **Freezer friendly**

PREP TIME 10 min | **COOK TIME** 15 min | **SERVINGS** 4

Ingredients

- 1 package (350 g) extra firm tofu
- 5 mL (1 tsp) ground ginger
- 2 mL (½ tsp) curry powder
- Pinch fresh ground pepper
- 10 mL (2 tsp) sesame oil
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 L (4 cups) fresh or frozen cut vegetables
- 175 mL (¾ cup) no salt added vegetable broth
- 15 mL (1 tbsp) hoisin sauce
- 5 mL (1 tsp) cornstarch
- 5 mL (1 tsp) sesame seeds, toasted (optional)

Directions

1. On a cutting board, cut tofu into cubes. Toss cubed tofu with ginger, curry and pepper in a bowl.

2. In a nonstick skillet, heat oil and brown tofu. Remove to plate. Spray skillet with cooking spray and return to medium heat. Cook onion and garlic for 2 minutes to start softening. Add vegetables.

3. In a small bowl, whisk together broth, hoisin and cornstarch. Pour into skillet and bring to a simmer. Cover and cook for about 5 minutes. Add tofu back to skillet and stir to coat well.

4. Sprinkle with sesame seeds before serving, if using. Enjoy this over cooked brown rice noodles.

Tips

- Use **pre-cut vegetables** as a shortcut for speedy suppers. Don't forget frozen as an option, you can always have a bag in the freezer and measure out what you need to make a quick meal.

- Experiment with **different vegetable combinations** by using your favorite fresh or frozen veggies.

- Get your **little chefs** to help you pick the vegetables to go in the stir-fry. The more involved they are, the more likely they will eat it!

- Looking for another protein food choice? Use leftover **cooked chicken** instead of tofu for an easy substitution.

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