



Tofu Vegetable Stir-Fry

Recipe provided by Chef Anthony Valentine



Ingredients

1 cup vegetable stock or water

Tofu:

3 tablespoons avocado oil
or other high-heat oil
14 oz tofu (1 block tofu)
¼ cup cornstarch
½ teaspoon Chinese 5-spice

Vegetables:

1 red bell pepper, chopped
1 carrot, cut into rounds
½ white onion, chopped
1 cup green beans, cut in half
¼ cup walnuts, roughly chopped
2 tablespoons ginger, roughly chopped
4 garlic cloves, roughly chopped
2 tablespoons avocado oil
or other high-heat oil

Stir-Fry Sauce:

¼ cup coconut aminos
1 tablespoon rice vinegar
2 tablespoons maple syrup
or agave/honey
1 tablespoon sesame oil
1 tablespoon sriracha

Slurry:

1 tablespoon cornstarch
1 tablespoon water

Garnish:

Sesame seeds
Scallions

Served with:

2 cups of brown rice

Estimated Time: 20 mins

Nutrition Per Serving

4 servings

Calories	582 Kcal
Protein	15g
Total Carbohydrates	57g
Sugar	13g
Fiber	6g
Total Fat	34g
Saturated Fat	4g
Polyunsaturated Fat	12g
Monounsaturated Fat	17g

Minerals

Sodium	383mg
Potassium	486mg
Phosphorus	184mg
Calcium	194mg
Iron	3mg

Nutritional analysis from Lauren Budd Levy, MS, RDN, CSR, FNKF

Directions

1. Drain the tofu and pat dry. Slice it into your preferred shape, such as squares, rectangles, or triangles (eg, 1" x 1" by ½" triangles).
2. Prep the vegetables as desired, keeping the firmer and softer vegetables separate.
3. In a small bowl, whisk together all sauce ingredients until well combined.
4. In a large mixing bowl, gently toss the tofu with cornstarch and Chinese 5-spice. Use a wooden spoon to ensure an even coating; some cornstarch may remain in the bowl.
5. Heat a large cast-iron pan or flat-bottomed wok over medium-high heat until lightly smoking.
6. Add 3 tablespoons of oil to the pan, swirling to coat the bottom. Carefully add tofu pieces in a single layer, avoiding overcrowding. Fry each side for 3-5 minutes or until golden brown.
7. Transfer cooked tofu to a plate lined with paper towels and wipe out the pan.
8. Return the pan to the stove and heat on high. Add the remaining 1 tablespoon of oil, then stir-fry firmer vegetables like carrots for 1-2 minutes.
9. Add softer vegetables (eg, onions, bell peppers, green beans) and cook for another 1-2 minutes, stirring frequently to avoid burning.
10. Add ginger, garlic, and walnuts, cooking for 1-2 minutes until fragrant.
11. Re-mix the sauce, pour it into the pan, and stir to coat the vegetables.
12. In a small bowl, combine the slurry ingredients (cornstarch and water), then add to the pan, stirring until the sauce thickens.
13. Remove from heat, add the cooked tofu, sesame seeds, and scallions, and gently toss. Serve over brown rice.