

TOFU CASHEW NUT STIR-FRY



Prep and cooking time: 45 mins

Serves: 2

Carbohydrates per serving: .5

This isn't just any stir-fry. Toasted cashews, crispy tofu and crunchy veggies combine in a dynamic dish that proves meat free can be just as satisfying.

Ingredients

- 400g extra firm tofu
- 2 tbsp sesame oil
- 1 small red onion, finely sliced
- 2 garlic cloves, finely diced or minced
- 2cm fresh ginger, finely diced
- 1 red chilli, finely sliced (optional)
- 1 corn on the cob or 1 x 100g tinned corn
- 1 tbsp soy sauce 3/2 lime, juiced
- 1 vegetable stock cube
- 125ml water
- 1 red pepper, sliced
- 150g mangetout
- 1 large handful coriander, roughly chopped
- 2 tbsp cornflour
- 50g cashew nuts 1/2 tbsp sesame seeds (optional)

Method

1. Place the tofu between two sheets of paper towel, and under a chopping board with a heavy object on top to compress for 30mins.
2. Cut the vegetables in the meantime.
3. Heat 1 tbsp of the oil in a wok or large frying pan, over medium heat. Fry the onion, garlic, ginger, and chilli for 30secs — 1 min, or until golden. Add the corn kernels and fry for another 2 mins.
4. Add the soy sauce, lime juice, vegetable stock cube, and water. Cook for 2mins.
5. Add the red pepper and mangetout. Cook for 1 min, until softened slightly. Remove from the heat and sprinkle with coriander.
6. Cut the tofu into bite-sized cubes. Place the cornflour onto a plate and lightly toss the tofu to coat.
7. Heat the remaining 1 tbsp of oil in a non-stick frying pan, over medium heat. Fry the tofu for 6-8mins, or until golden. Set it aside, and gently heat the cashew nuts in the same pan, until lightly golden.
8. Sprinkle the tofu with the cashew nuts and sesame seeds (if using). Serve on top of the vegetables.