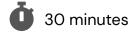


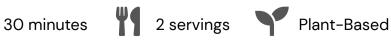


# Sweet & Sour Tofu Stir Fry

A sweet and sour combination with lite fried tofu strips, pineapple, ginger and Asian greens, served on a bed of konjac noodles.







You can add some sweet chilli sauce for a

more flavourful stir fry! Fresh lemongrass or kaffir lime leaves would also compliment these flavours well. Garnish the dish with cashew nuts if you have some!

TOTAL FAT CARBOHYDRATES

22g

44g

#### FROM YOUR BOX

KONJAC NOODLES	1 packet
ASIAN GREENS	2 bulbs
RED CAPSICUM	1
CARROT	1
GINGER	1 piece
LITE FRIED TOFU	1 packet
PINEAPPLE	1 tin
TOMATO PASTE	1 sachet

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, red wine vinegar, soy sauce (or tamari), cornflour, maple syrup

#### **KEY UTENSILS**

large frypan, kettle

#### **NOTES**

If you don't have a kettle you can cook the noodles in a saucepan of boiling water for 1 minute.



### 1. PREPARE THE NOODLES

Boil the kettle (see notes). Drain noodles from packet and rinse. Place in a large bowl and cover with boiling water for 1 minute, or until tender. Drain and rinse. Set aside.



## 2. PREPARE VEGETABLES

Trim and slice Asian greens. Slice capsicum and cut carrot into crescents. Peel and grate ginger to yield 1/2 tbsp. Slice the tofu.



#### 3. MAKE THE SAUCE

Whisk together pineapple juice (reserve pieces) with tomato paste, 1/2 tbsp cornflour, 1/2 tbsp maple syrup, 2 tbsp vinegar, 2 tbsp soy sauce and 1/4 cup water. Set aside.



# 4. COOK THE STIR FRY

Heat a frypan over medium-high heat with oil. Add prepared vegetables, pineapple pieces and tofu. Cook for 3-4 minutes until tender.



# 5. ADD SAUCE

Pour in prepared sauce. Cook for 5-6 minutes until sauce has slightly thickened.



## **6. FINISH AND PLATE**

Divide noodles among bowls and top with stir fry.



