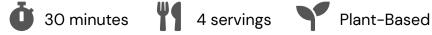




# Sweet & Sour Tofu Stir Fry

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

### FROM YOUR BOX

KONJAC NOODLES	2 packets
ASIAN GREENS	1 bunch
RED CAPSICUM	1
CARROTS	2
GINGER	1 piece
LITE FRIED TOFU	2 packets
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 packets 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 carrots 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 tbsp cornflour, 1 tbsp maple syrup, 3 tbsp vinegar, 3 tbsp soy sauce and 1/2 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.



