

Tofu & Broccoli Stir Fry

Prep time 15min Cook time 15min Serves 4 - 6

Ingredients:

- 2 cups of rice
- 2.5 cups water
- 390gr firm tofu
- S/P
- 2 cloves of garlic
- 1 small knob of ginger, peeled and sliced thinly into little batons
- 1 head of broccoli, cut up into florets
- 2 cups of bok choy
- 3 tablespoons of soy sauce
- 2 tablespoons of Chinese cooking wine
- 2 tablespoons of hoisin
- 1 tablespoons of honey
- 1 tablespoons of sesame oil
- ¼ cup of chicken stock
- 1 tablespoons of cornstarch

method

Wash the rice to get rid of the starch. Place in rice cooker add water, cook until done. Bring a pot of water to the boil (blanching vegetables)

Chop up all the aromatics, garlic, ginger and mix together.

Remove tofu from packaging, drain water. Cut into slices and pat dry with paper towel. Lay the tofu on a plate and salt and pepper it.

Heat the oil in a large frying pan or wok over medium heat. Cook the tofu until golden, turnover to the other side is golden also.

Cut the broccoli into small florets, cut the bok choy in half and into quarters. Turn the tofu to crisp up the other side.

In a bowl add soy sauce, Chinese cooking wine, hoisin sauce, honey, sesame, chicken stock and cornflour. Mix until everything is combined.

Blanch the broccoli in the simmering water, cook for 2 minutes. Take your tofu out and then add in the garlic and ginger. Fry for 1 - 2 minutes then add in your sauce. Stir until it thickens and bubbles away.