**TOFU STIR FRY**

Inspiration:

We eat a lot of rice/pasta dishes and eat mostly broccoli, carrots, peas & corn. We are looking to add a bit more variety to our dinner meals repertoire. Including, trying different vegetables, so this is the perfect recipe with rice noodles (any stir fry noodle can be used).

 This is the first time the children have eaten tofu too! We are not vegetarian but we are trying to significantly decrease our meat consumption for health and sustainability reasons.

Although, all boys were initially reluctant this has been a hit (maybe helped by the fact we sold it as spaghetti at the beginning - which they love!)

Name: TOFU STIR FRY NOODLES

Prep time: 30 mins Cook time: 30mins

Ingredients:

Large block extra firm tofu

2/3 cup Sugar snap peas

2/3 Cup Baby carrots   (can mix other vegetables here)

1/3 sliced yellow pepper

1/4 cup of minced garlic

1/4 cup of mince ginger

Packet of noodles

Stir fry sauce

1/3 cup sesame oil

1/3 cup soy sauce

1/4 cup sweet chili sauce

1/5 cup honey

1. Remove tofu from package and drain out water
2. Cut tofu in half-length wise so that you have two one inch slabs
3. Place on a thick towel and cover the tofu with it
4. Place a heavy object on top (such as a cast iron skillet)
5. Allow to press for 30 minutes
6. While tofu is pressing, prep your baby carrots, pepper, garlic, and ginger
7. Once tofu is finished pressing, cut into chunks (see pictures in post for the size I used)
8. Toss tofu in a bowl with 3 tablespoons of cornstarch to combine
9. Heat a large skillet or wok to medium high with 2 tablespoons of sesame oil
10. Add tofu and cook for 15 minutes, flipping and stirring until browned on all sides
11. Add 1 tablespoon of sesame oil to the skillet along with the garlic, ginger, carrots, green onion, and snow peas
12. Turn heat to medium and cook, stirring often, for 10 - 15 minutes, until veggies are cooked but not soft
13. While the veggies cook, make your stir fry rice noodles according to package instructions, until cooked to desired texture
14. Drain noodles once they are finished cooking
15. Once veggies have finished cooking, add the cooked noodles and stir fry sauce to the skillet
16. Cook an additional 5 minutes, until everything is combined and coated in stir fry sauce
17. Use tongs for easier mixing of the stir fry and the noodles
18. Serve and enjoy!

