

# Spicy tofu stir-fry

**Serves: 2**

Nutrition per serving:  
296kcal per serving



## Ingredients:

- 250g plain tofu, cubed
- 3cm root ginger, peeled and finely chopped
- 3 cloves crushed garlic
- 1/2 red chilli, finely sliced
- 100ml vegetable stock
- Handful fresh coriander, chopped
- 1/4 tsp cayenne pepper
- 1/4 tsp turmeric
- 1/2 tsp cumin
- 1 red pepper and 1 orange pepper, thinly sliced
- 4 spring onions, sliced
- 1 pak choi, finely chopped (bulb and leaves)
- 1 tbsp soy sauce
- 4 tsp sesame seeds

## Method:

1. Lightly brown the tofu all over under a hot grill, then set aside.
2. Cook the ginger, garlic and chilli in 3 tbsp of the stock in a non-stick pan over a low heat for 4-5 mins, until softened.
3. Stir in the coriander and spices and cook for 2 mins, then add 50ml boiling water and simmer for 2 mins. Add the tofu and simmer for 10 mins, then drain and set aside.
4. Meanwhile, heat the remaining stock in a wok or deep, non-stick frying pan over a high heat. Add the peppers, spring onions and chopped pak choi bulb, and stir-fry for 3-4mins.
5. Mix in the pak choi leaves, soy sauce, sesame seeds and tofu and stir-fry for 1-2 mins until the leaves have wilted.