Tofu stir-fry

Chef	Portions	Preparation
Roxanne Grondin	**2 to 4**	**1h**

Ingredients

- [ ] ¾ cup peanut butter
- [ ] ¼ cup soy sauce
- [ ] ¼ cup cider vinegar
- [ ] 1¼ cups hot water
- [ ] 1 tsp. finely chopped fresh ginger
- [ ] Salt, pepper and Tabasco sauce to taste
- [ ] 2 tbsp. canola oil (divided: 4 tsp. + 2 tsp.)
- [ ] 454 g firm tofu, cut into 1-inch cubes
- [ ] 2 small yellow onions, cut into large cubes (about 1 cup)
- [ ] 3 cups broccoli florets
- [ ] Fresh cilantro, coarsely chopped
- [ ] 2 cups red bell peppers cut into large cubes

iA Financial Group

Preparation

— In a large bowl, use a fork to combine peanut butter, soy sauce, cider vinegar, hot water, ginger, salt, pepper and hot sauce. Set aside.
— Heat 4 tsp. of oil in a large skillet over medium-high and cook tofu cubes until browned on each side. Set aside on a plate.
— Add 2 tsp. of oil to same skillet and sauté onion for about 1 minute.
— Add broccoli and red pepper and cook for 2 to 4 minutes to keep vegetables crisp.
— Add peanut sauce and tofu cubes. Combine and adjust salt, pepper and hot sauce to taste.
— Sprinkle with fresh cilantro.

Bon appétit!

Our other favourite recipes: Peach meatballs, Thai chicken soup, Confit duck pasta

iA Financial Group