

Ginger Mushroom and Tofu Stir-Fry

with Sugar Snap Peas and Carrots

Tofu is a great protein alternative because its spongy texture allows it to soak up flavourful marinades and sauces! In this recipe, we fry up the tofu first to give it a nice golden colour before tossing it in a savoury stirfry sauce.



Prep 30 min



Veggie











White Mushrooms





Ginger



Long Red Chili

Jasmine Rice

Extra Firm Tofu





Sugar Snap









Soy Sauce



Hoisin Sauce

Ingredients		2 People	*Not Included	.⊑_
Jasmine Rice		1 pkg (170 g)		i. _
Extra Firm Tofu	1)	1 pkg (350 g)	Allergens	. 4
Sugar Snap Peas, trimmed		1 pkg (227 g)	1) Soy/Soja	72 in _
White Mushrooms		1 pkg (113 g)	2) Sesame/Sésame	
Carrot, matchsticks		1 pkg (56 g)	3) Wheat/Blé	7 74 in –
Ginger		30 g		uler
Long Red Chili 🌙		1		Ruler 0 in 1
Garlic		1 pkg (10 g)	Tools	
Cilantro		1 pkg (10 g)	Measuring Spoons, Small Pot,	
Sesame Oil	2)	1 pkg (1 tbsp)	Measuring Cups, Large Bowl,	wl,
Soy Sauce	1) 3)	1 pkg (1 tbsp)	Large Non-Stick Pan	
Hoisin Sauce	1) 2) 3)	1 pkg (2 tbsp)		
Olive or Canola Oil*				

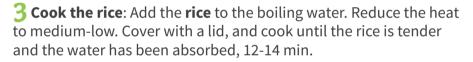
Nutrition per person Calories: 770 cal | Fat: 25 g | Protein: 40 g | Carbs: 99 g | Fibre: 6 g | Sodium: 590 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: Wash and dry all produce. In a small pot, bring 11/3 cups salted water to a boil. Cut the tofu into ½-inch thick slices, then cut in half to make squares. Thinly slice the **mushrooms**. Peel, then mince 1 tbsp ginger. Mince or grate the garlic. Finely chop the chili (if using), removing the seeds for less heat. Roughly chop the cilantro.



2 Marinate the tofu: In a large bowl, combine the tofu with ginger, garlic and sesame oil. Set aside.





4 Make the stir-fry: Meanwhile, heat a large non-stick pan over high heat. Add a drizzle of oil, then the tofu mixture. Cook until golden-brown, 2-3 min per side. Transfer to a plate.



5 Cook the veggies: Add **mushrooms** to the same pan. Cook, until the mushrooms are golden-brown, 7-8 min. Add the **sugar snap** peas and carrot. Cook, stirring often, until the veggies are tendercrisp, 1-2 min. Stir in the **stir-fry sauce**, **tofu** and **1**½ **tbsp water**. Stir until everything is warmed through, 1-2 min.



Finish and serve: Fluff the **rice** with a fork. Divide the rice between bowls and top with the tofu stir-fry. Sprinkle with cilantro and chili, if desired. Enjoy!

NUTRITION TIP: Carrots and other orange veggies are high in beta-carotene. This nutrient is converted to vitamin A in our bodies, which helps with many biological processes including developing night vision!