

Beef and Tofu Stir-Fry

A delightful stir-fry featuring tender beef slices and tofu, sautéed with vibrant vegetables and a savory sauce. Perfect for a quick and nutritious meal that balances protein and flavor.


20 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 100g beef slices
- 100g firm tofu, cubed
- 1 cup mixed bell peppers, sliced
- 1 small onion, sliced
- 2 cloves garlic, minced
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon sesame oil
- Salt and pepper to taste
- 1 tablespoon vegetable oil for cooking
- Cooked rice, for serving

Steps

- 1 Heat the vegetable oil in a pan over medium-high heat.
- 2 Add the minced garlic and sauté for 30 seconds until fragrant.
- 3 Add the beef slices and stir-fry for about 2-3 minutes until browned.
- 4 Add the sliced onion and bell peppers, cooking for another 2-3 minutes until they soften.
- 5 Gently add the cubed tofu and stir in the soy sauce, oyster sauce, and sesame oil.
- 6 Cook for an additional 2 minutes, mixing well to coat everything in the sauce.
- 7 Season with salt and pepper to taste. Serve hot over cooked rice.