

Spicy Tofu Stir-Fry

This tasty and spicy stir-fry is ideal for any vegan and is packed with flavor!



Main Dish

20 min

Total time

Moderate

Difficulty

380

kcal / serving

Ingredients

- Ingredients for 1 person:
- 4 oz. extra-firm tofu
- 2 tsp. vegetable oil
- 1 clove garlic, minced
- 1 and 1/2 tsp. grated ginger
- 2 tsp. chili garlic sauce
- 1 small red bell pepper, julienned
- 1/2 tsp. sesame oil
- 1/2 c. snow peas
- 1/2 c. shredded carrots
- 2 Tbsp. soy sauce

Steps

- 1 Start by pressing the tofu between two heavy plates. Let this sit while you prepare the other ingredients.
- 2 Heat vegetable oil in a large skillet over medium heat. Add the garlic, ginger, and chili garlic sauce and sauté for 1-2 minutes.
- 3 Add the red bell peppers, sesame oil, snow peas, shredded carrots and sauté for 2-3 minutes.
- 4 Add the tofu to the skillet and let it cook for 2-3 minutes, stirring occasionally.
- 5 Finally, add the soy sauce and stir for another 1 minute.
- 6 Enjoy!