

Sweet Potato and Tofu Stir-Fry with Halloumi

This vibrant stir-fry combines sweet potato, green beans, and tofu, topped with crispy halloumi cheese. It's a nutritious and satisfying dish that's perfect for a quick meal.


30 min

Total time

easy

Difficulty

480

kcal / serving

Ingredients

- 1 medium sweet potato, peeled and diced
- 1 cup green beans, trimmed
- 1/2 onion, thinly sliced
- 100g firm tofu, cubed
- 50g halloumi cheese, sliced
- 1 tablespoon olive oil
- 1 tablespoon soy sauce
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Fresh parsley for garnish

Steps

- 1 Heat the olive oil in a pan over medium heat.
- 2 Add the diced sweet potato and cook for about 5 minutes, stirring occasionally.
- 3 Add the sliced onion and green beans, stirring for another 5-7 minutes until softened.
- 4 Toss in the cubed tofu and soy sauce, cooking for another 5 minutes until heated through.
- 5 In a separate skillet, lightly fry the halloumi slices until golden brown on both sides (about 2-3 minutes per side).
- 6 Season the stir-fry with garlic powder, salt, and pepper to taste.
- 7 Serve the stir-fry topped with crispy halloumi and garnish with fresh parsley.