

## Tofu stir fry (Vegan) – Serves 2

### You will need:

- 300g Firm tofu
- 2tbsp Soy sauce
- 160g Sugar snap peas
- 160g Baby corn
- 1tbs Sesame seeds
- 1tbsp Almonds

### How to make it:

1. Combine the miso paste and soy sauce in a small saucepan and gently heat until combined.
2. Dice the tofu into bitesize pieces and add to the sauce and leave until it's full coated.
3. Meanwhile, cook the noodles or rice as per packet instructions.
4. Steam the sugar snap peas, baby corns and ribbon carrots.
5. Remove the tofu from the sauce and coat in sesame seeds.
6. Place into a frying pan and cook for 2-3 mins per side until golden.
7. Serve the rice, vegetables and tofu in a bowl and top with almonds (you could always toast the almonds in a frying pan for a few minutes if you'd like).

Note: Miso adds a real meatiness to the dish. The taste it creates is not bitter, sour, salty or sweet but is actually known as the “fifth” taste – umami!

When using tofu in stir-fries and curries, it's best to use firm tofu. If you're using it in soups, smoothies, or pasta dishes to add a richness, it's best to use silken tofu.

### What does this give you?

- 1 portion protein
- 1 portion of starchy food
- 3 portions of vegetables

The detail: per serving: 491kcal, 14.5g fat, 1.6g saturated fat, 58g carbohydrate, 14.2g sugar, 10.8g fibre, 25g protein, 1.1g salt

Preparation time: 5 minutes

Cooking time: 10 minutes

Approx. cost per serving: £2.80

**Allergens: Contains gluten, nuts and soya**