



THE BUDDHIST CHEF'S GENERAL TSO'S TOFU

2 portions

INGREDIENTS

- 500g Firm Tofu
- 3 tbsps vegetable oil (38 g)
- 3 spring onions, diced (75 g)
- 2 cloves of garlic,minced (6 g)
- 1 tbsps of ginger, ground (5 g)
- 2 tbsps of maple syrups, (40 g)
- 2 tbsps of soy sauce (36 g)
- 2 tbsps of tomato paste (32 g)
- 1 tsp of sauce, hot chile, sriracha (7 g)
- 1 cup of vegetable stock (221 g)
- 1 cup chopped of broccoli , raw (40 g)
- 2 cups green beans, chopped (200 g)
- 1 cup carrots, chopped (128 g)
- 1 cup, capsicum, chopped (149 g)

COOKING METHOD

- 1° In a large bowl, gently toss the tofu in 1/4 cup cornstarch until well coated. Shake off the excess.
- 2° Heat the oil in a wok or large pan over medium-high heat. Add vegetable except spring onions and cook until just tender. Remove
- 3° Add the tofu and cook until golden brown and crispy. Add more oil, if necessary.
- 4° Stir in the spring onions, garlic, ginger, maple syrup, soy sauce, ketchup, Sriracha sauce, and vegetable broth.
- 5° Simmer over medium heat until the sauce thickens. If it's too thick, add a little water until the desired consistency is reached. Re-add sautee vegetables, heat and serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (722 g)	% DRI
ENERGY	74 kcal	536 kcal	27 %
FAT	4 g	28 g	43 %
FATTY ACIDS, TOTAL SATURATED	1 g	8 g	39 %
CHOLESTEROL	1 mg	11 mg	4 %
SODIUM	206 mg	1490 mg	62 %
CARBOHYDRATE	6 g	47 g	16 %
SUGARS	4 g	27 g	—
FIBER	1 g	11 g	43 %
PROTEIN	4 g	29 g	—