



Sweet chili tofu stir-fry



You will need

		cooking oil
5 oz	(150 g)	firm tofu, cut into thin strips
¾ cup	(175 mL)	red onion, sliced
1 cup	(250 mL)	broccoli, cut into bite-size pieces
1 cup	(250 mL)	carrots, cut into bite-size pieces
¾ cup	(175 mL)	sugar snap peas (trim off the ends)
½ cup	(125 mL)	red bell pepper, cut into strips
½ cup	(125 mL)	vegetable broth or water
¼ cup	(50 mL)	sweet chili sauce
1 tsp	(5 mL)	orange zest
1 tbsp	(15 mL)	chopped fresh cilantro or parsley

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orange zest

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What to do

1 Heat a large pan over medium-high heat. Put about 1 teaspoon of oil in the pan.



2 Put the tofu in the pan. Fry until browned on both sides.



3 Take the tofu out of the pan. Set aside.



4 Put about 1 teaspoon of oil in the pan. Put the onion in the pan. Cook for 1 minute.



5 Add the broccoli, carrots, peas and red pepper. Cook for about 5 minutes. Stir often.



6 Put the tofu back in the pan.



7 Stir in the broth, chili sauce and orange zest. Cook for a few minutes.



8 Put the mixture on a big plate. Sprinkle the cilantro or parsley on top. Serve with brown rice.

 Serves 4

Adapted with permission from Dieticians of Canada: Simply Great Food (page 226) • Photos: Bev Burke