

Crispy Vegan Tofu Basil Stir Fry

Cook: 25 minutes

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Step 1.

Preheat Wolf oven on Convection to 200 degrees Pat dry Cubed tofu and sprinkle salt and olive oil over them and toss. Add to parchment paper tray. Bake Tofu for 20 minutes until golden.

Step 2.

Thinly slice the peppers, courgette and the spring onions

Step 3.

Add a pan of water to the hob and cook the Jasmine rice for 10-12 minutes or until cooked to liking

Step 4.

Prepare the stir fry – Add tamari, garlic, ginger, rice vinegar, agave, hot water & blend until smooth

Step 5.

In a heavy pan over high heat add oil and add vegetables, then add tofu, add sauce, add basil and spring onions in the last minute.

Step 6.

Add sesame seeds, garnish with remainder of spring onion

Step 7.

Plate up in serving bowls and serve

Ingredients

Serves 2-3

Crispy Tofu 360 grams (Cut into bite sized cubes)

Sprinkle of Salt

2tbsp Olive oil

Stir fry sauce (or you can buy stir fry sauce for ease):

2 cloves garlic

2 tbsp ginger

2 tbsp tamari (GF Soy sauce)

2 tbsp agave

¼ cup rice vinegar

2 tbsp cashew butter

2 tbsp hot water

2 red peppers thinly sliced

2 yellow courgettes sliced

1 bell pepper thinly sliced

Cup fresh basil leaves

4 spring onions

Thai jasmine rice Steamed 400ml