

Honey Ginger Tofu Stir Fry

For the Stir Fry:

1 onion, sliced
2 large carrots, sliced
1-2 crowns of broccoli, chopped
1 bell pepper, sliced
1 package extra firm tofu
Green onions, for topping (optional)
Rice, Farro, Quinoa, or another preferred grain for serving

For the Sauce:

3 cloves garlic
2 tablespoons fresh ginger
2 tablespoons honey
1/2 cup low sodium soy sauce
1/4 cup water
1/4 cup rice wine vinegar
1/4 cup canola oil

Instructions:

1. Prepare tofu for cooking by slicing the block into about 10 pieces. Lay out on paper towels or kitchen towels and place something heavy on top for 15-30 minutes. Cut tofu into bite-size pieces.
2. Begin cooking grain of choice according to package instructions.
3. Puree all sauce ingredients together using a blender or food processor.
4. Heat wok over medium heat and add ~2 TBSP of cooking oil. When the oil is shiny, add the tofu and about 1/4 cup of the stir fry sauce. Pan-fry the tofu until golden brown. Remove from the pan and drain on paper towel lined plate.
5. Add a little more oil to the wok and throw in your vegetables. Saute until cooked, but still crunchy. Add about 1/4 cup of the stir fry sauce sometime during cooking.
6. Arrange grain, then vegetables, then tofu on plate and sprinkle with green onions, if desired. Enjoy!

Recipe adapted from <https://pinchofyum.com/honey-ginger-tofu-veggie-stir-fry>.

For a thorough stir fry guide: <https://www.cooksmarts.com/articles/guide-to-stir-frying/>.