

## Sweet Chilli Tofu Stir fry

GREEN ACT/SA / EVERYDAY NSW

**Makes 8 serves Secondary schools**

**Makes 10 serves Primary schools**

### Ingredients:

- 2 tablespoons Canola oil
- 1 large brown onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon extra canola oil
- 500g extra firm tofu, cubed in 2cm cubes
- 1 large red capsicum, chopped into thin strips
- 1 large green capsicum, chopped into thin strips
- 1 large carrot, sliced thinly
- 2 cups grated red cabbage
- 1 tbsp. corn flour
- 2 tbsp. honey
- 2 tbsp. of soy sauce reduced salt
- 4 cups cooked brown rice
- 2 spring onions (scallions)
- 1 cup coriander (optional)
- ¼ sesame seeds to top (optional)

### Method:

1. Cook the onion over high heat in a wok with the oil until translucent, add the garlic.
2. Stir through both varieties of capsicum, cabbage and carrot, until firm but still cooked
3. In a separate pan, pan-fry the tofu over high heat in the extra oil until golden brown
4. Add the tofu to the vegetable mix on medium heat add the soy sauce, honey, corn starch and stir through for five minutes
5. Top with the shallots, coriander and sesame seeds.
6. Serve in 6 separate bowls.

**Variations:** Depending on the season, try adding Bok Choy, yellow capsicum Chinese cabbage or Chinese broccoli for colour and variety.

**Tips:** The corn flour is used to thicken the sauce, ensure it's dissolved through the sauces before turning the heat off.

### Nutrition information:

	<b>Per serve 250g Secondary schools</b>	<b>Per serve 320g Secondary schools</b>	<b>Per 100g</b>
<b>Energy (kJ)</b>	1220	1524	475
<b>Protein (g)</b>	12.9	16.1	5
<b>Fat – total (g)</b>	10.1	12.6	3.9
<b>Fat – saturated (g)</b>	1.2	1.5	0.5
<b>Carbohydrates – total (g)</b>	34.1	43	13.3
<b>sugar (g)</b>	8	10	3.1
<b>Sodium (mg)</b>	177	221	69
<b>Fibre (g)</b>	5.5	7	2.2