

Peanut and vegetable tofu

Source of proteins, calcium (if calcium sulfate tofu), iron (if firm or medium-firm tofu), fibres, vitamin C



Ingredients

¾ cup	Peanut butter	175 ml
¼ cup	Soy sauce	60 ml
1 tablespoon	White vinegar	15 ml
1 ¼ cup	Warm water	310 ml
1 teaspoon	Fresh ginger, finely chopped	5 ml
To taste	Salt, pepper and hot sauce (ex : Tabasco)	To taste
2 tablespoons	Vegetable oil	30 ml
1 block (454 g)	Firm tofu, cut into cubes of 2.5 cm (1 in)	1 block (454 g)
1	Large onion, roughly chopped	1
4 cups	Broccoli, fresh or frozen	1 L



Preparation

1. In a large bowl, mix together the peanut butter, soy sauce, white vinegar, warm water, ginger, salt, pepper and hot sauce. Set aside.
2. In a large pan over medium-high heat, warm up 15 ml (1 tablespoon) of vegetable oil and fry the tofu cubes until they are browned on all sides. Set aside.
3. In the same pan, add the leftover 15 ml (1 tablespoon) of vegetable oil and fry the onion for about 1 minute.
4. Add the broccoli and cook for 2 minutes. If the broccoli is frozen, cook for an extra 2 minutes.
5. Add the peanut butter sauce and the tofu cubes. Mix and adjust the seasoning.



Tips

1. Tabasco hot sauce can be replaced by Sambal Oelek, Harissa sauce, etc.
2. Tofu can be replaced by another source of protein of your choice strips or cube of chicken, pork or beef, shrimps, etc. (Proteins from meat and vitamin C increases the absorption of the iron found in the grains products, legumes and vegetables)
3. Broccoli can be replaced by roughly chopped peppers, bok choy, etc.

BALANCED FOOD PLATE

- Vegetables (salads, soups, etc) ●
- Grain products and starches (rice, pasta, bread, etc) ●
- Meat, milk and their alternatives (fish, legumes, cheese, etc) ●



Adapted from: fondationola.ca