

Snow Pea & Tofu Stir Fry



Serves 4



30 minutes



Spring



Snow Pea



INGREDIENTS:

- 200g snow peas
- 400g firm tofu
- 2 garlic cloves, minced
- 1 tsp ginger, grated
- 2 Tbsp vegetable oil

INGREDIENTS:

- 2 Tbsp soy sauce
- 1 Tbsp oyster sauce
- 2 Tbsp vegetable stock or water
- 1 Tbsp rice vinegar or white vinegar
- 1 tsp cornflour
- 1 tsp sugar
- ½ tsp pepper
- ½ tsp toasted sesame oil (optional)

METHOD:

1. Drain the tofu. Wrap it in paper towels or a clean tea towel. Set the tofu on a plate and gently press it down with a light object, such as a small pan, for 15 minutes. Unwrap and pat dry and cut into 2 cm cubes.
2. Use a sharp knife and cut off the ends of the snow peas. Pull off the thin strings from the sides of the snow pea.
3. Mix soy sauce, water, oyster sauce, vinegar, and sugar in a bowl. Add cornflour last and stir well so it does not clump. Add pepper and sesame oil. Stir again just before using.
4. Heat 1 Tbsp of oil in a large wok or a skillet over high heat. Add tofu pieces in one layer. Cook until golden for about 5–7 minutes. Take them out and set aside.
5. Add the rest of the oil. Fry garlic and ginger for 1 minute until it smells nice.
6. Add snow peas and stir-fry for 1–2 minutes until bright green.
7. Add tofu back to the pan. Pour in the sauce and stir everything for 30–60 seconds until the sauce thickens a bit.
8. Remove from the heat and serve with rice or noodle

TIPS:

- Vegan version: Use hoisin or vegan oyster sauce.
- Gluten-free: Use tamari and gluten-free oyster/hoisin sauces.
- Extra veggies: Add sliced capsicum or mushrooms with the snow peas.
- Store leftovers in an airtight container in the fridge for up to 3 days, and reheat until hot before serving.

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This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.