

LEMON TOFU STIRFRY

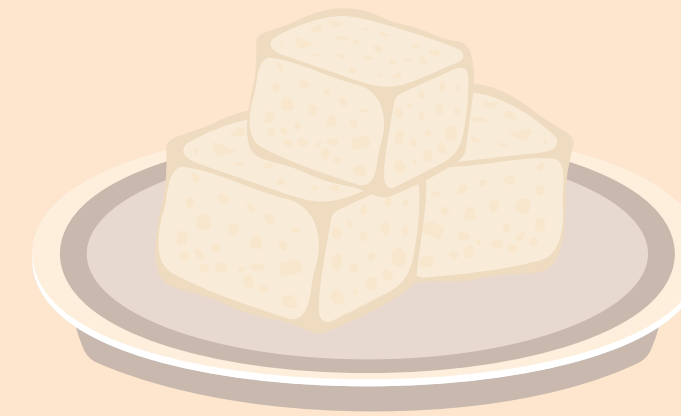


Serve with rice, quinoa, or leafy greens.

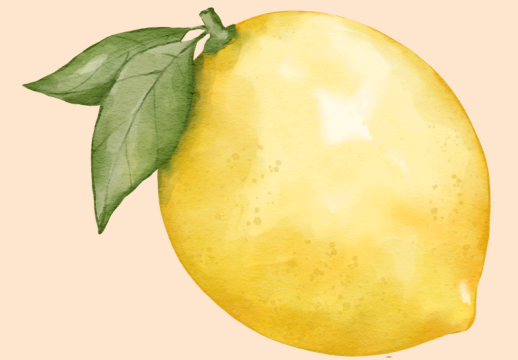
Ingredients:



Asparagus
1 lb ~ 20-30 spears



Firm Tofu
1 block (450 g), cubed



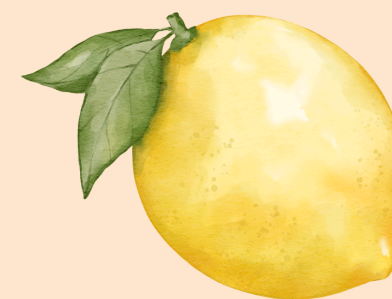
Lemon
Juice + zest



Spices:

- 2 ½ tbsp nutritional yeast
- 2 tbsp cornstarch
- ½ tsp thyme
- salt and pepper (to taste)
- 2 tbsp cooking oil

Sauce Ingredients:



Lemon
Juice + zest



Maple Syrup
1 tsp



Broth
½ cup



Garlic
2 cloves,
minced

- 1 tsp cornstarch
- salt and pepper (to taste)
- 1 tsp chili flakes (optional)

1

Add asparagus to baking sheet. Combine with 1 tbsp oil, nutritional yeast, lemon juice, salt and pepper. Bake at 425F for 10-12 minutes.

2

Lightly press water from the tofu and cube. Combine with nutritional yeast, cornstarch, thyme, salt and pepper.

3

To a skillet, add remaining oil. Once heated, add tofu cubes and cook until golden (~3-5 minutes) before flipping and cooking for another few minutes.

4

Once tofu is cooked, remove from skillet and set aside. Sauté garlic in skillet for 2-3 minutes before adding in remaining sauce ingredients.

5

Cook sauce ingredients for 3-4 minutes. Once slightly thickened, add tofu back to skillet to coat. Serve with asparagus and grain of choice.

Preparation Time: 35 minutes

Servings: 3

Nutrition Information per serving (without grain):

Calories: 310 kcal

Protein: 24 g

Carbohydrates: 22 g

Fibre: 7 g

Total Fat: 18 g

Saturated Fat: 3 g

Sodium: 80mg

Potassium: 760 mg

Calcium: 450 mg

Iron: 5 g

Storage Information:

Store in an air-tight container in the fridge for 3-4 days.