

## Week of Menus

# Stir-Fried Vegetables and Crispy Tofu

adapted from *Chop, Sizzle, and Stir* by Nadia Armugam

Serves 4

### Ingredients

14 oz firm tofu, cut into 1 inch cubes  
4 tablespoons vegetable oil  
3 garlic cloves, crushed  
6 oz small broccoli florets  
6 oz sugar snap peas  
6 oz snow peas  
1 large carrot, cut into matchsticks  
1 red or yellow bell pepper, seeded and cut into match sticks  
3 to 5 oz can water chestnuts, drained and sliced  
3 to 6 oz canned sliced bamboo shoots, drained and rinsed

### Sauce

1 tablespoon cornstarch  
2 tablespoons cold water  
2 tablespoons oyster sauce  
2 tablespoons soy sauce  
½ cup vegetable or chicken stock

### Method

In a small bowl, make sauce. Start by mixing cornstarch with cold water. Once it is blended, then add rest of ingredients. Set aside until needed.

Sprinkle tofu cubes with a bit of salt and pepper.

In a heavy fry pan or wok, heat oil until hot. Add tofu and cook carefully, browning each side until golden brown. When the tofu is very wet, this takes time, but as you cook it, you will evaporate more of the water in the tofu and it will brown quicker. The first side always takes the longest time. Be patient. Remove tofu and drain on paper towels. (You can use one fry pan for the tofu and the other for the vegetables if you like.)

Add garlic to the wok and stir-fry for 1 minute, or until golden. Add broccoli, sugar snap peas, snow peas, carrot, and bell pepper with a sprinkle of water, and stir-fry over high heat for 2 to 3 minutes. Finally add water chestnuts and bamboo shoots.

Pour the sauce into the wok and bring to a boil, then reduce heat and simmer gently for 2 minutes, or until sauce has thickened. Serve with rice.