

Let's Talk Food Literacy

Savoury Stir Fry

Makes 4 servings

Ingredients

Protein Foods:

- 12 oz. tofu
- ¼ cup almonds, peanuts or cashews

Vegetables:

- 4 cloves garlic
- 1 small piece fresh ginger
- 1 onion
- 1 carrot
- 1 rib celery
- ½ cup broccoli (fresh or frozen)
- 4 baby bok choy
- 1 cup cabbage
- 1 cup corn (canned or frozen)
- 1 pepper
- 1 zucchini
- 2 green onions

Other:

- 3 Tbsp soy sauce
- 1 Tbsp rice vinegar
- 1 tsp brown sugar
- ¼ tsp sesame oil (optional)
- ½ cup water or chicken stock
- 1 ½ Tbsp cornstarch
- 2 Tbsp vegetable oil
- Parchment paper



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Tips and Tricks:

- ➔ Wash hands with soap and water before, during and after preparing food.
- ➔ Adapt this recipe to your family's likes and dislikes!
- ➔ Canned, fresh or frozen vegetables work well.

Directions

1. Turn oven on to 400° F.
2. *Make the sauce:* Peel and mince garlic and ginger. Combine ½ the garlic, 1 tsp ginger, soy sauce, rice vinegar, brown sugar and sesame oil.
3. Cut tofu into cubes. Put in a bowl. Pour in half the sauce, mix and cover for 20-60 minutes.
4. In a cup, mix cornstarch with water (or stock). Add the rest of the sauce. Mix together.
5. Peel, wash and slice vegetables.
6. Put tofu on a baking sheet lined with parchment paper. Bake for about 15 minutes.
7. In a frying pan, add 1 Tbsp of vegetable oil and heat on MEDIUM. Add remaining garlic and ginger. Wait 1 minute, then remove garlic and ginger from oil.
8. Add onions, carrots, and celery to the pan. Stir. Add broccoli, zucchini and bok choy. Stir. Add cabbage, baby corn, peppers. Stir.
9. Add sauce. Stir until sauce thickens.
10. Add tofu. Sprinkle on nuts and green onions. Serve with grains.

Watch the how-to video! youtu.be/AhHU8KpTcFE