

Garlic Tofu & Vegetable Stir Fry

Printed from Tofu Recipes at <http://www.tofurecipes.co.uk/>

This delicious stir fry is flavoured with garlic and oyster sauce, giving it plenty of flavour. Use a bag of ready-chopped stir fry vegetables to make this dish even easier to prepare.

Ingredients:

500g mixed vegetables
400g firm tofu
6 garlic cloves
1 tbsp. oyster sauce
1 tbsp. olive oil
5 tbsp. vegetable stock

Directions:

1. Drain the tofu and chop into cubes.
2. Crush the garlic cloves.
3. Heat the oil in a large wok. Add the tofu, garlic and half the oyster sauce and fry for about 5 minutes until the tofu is cooked and the garlic golden but not browned.
4. Remove from the frying pan into a bowl. Cook the vegetables in the frying pan with the rest of the oyster sauce and vegetable stock. Cook until softened, then add the garlic tofu back to the pan and toss to combine.

Author: Laura Young