

Broccoli and Tofu Stir Fry for 25



What?

1. Frozen or fresh broccoli florets : 2 lbs
2. Firm or Extra Firm Tofu : 10 boxes, drained and cubed
3. Baby carrots : ½ lb
4. Soy Sauce
5. Sweet Chilli Sauce
6. Salt
7. Washed and chopped cilantro : 2 cups

How?

1. Steam broccoli florets and carrots (electric cooker, steamer, double boiler) for 12 mins (remember to add 1 tbsp of salt to the water table)
2. Pre-heat oven to 400F
3. Add tofu cubes to a large bowl in batches, adding salt as desired – mix very gently
4. Place tofu cubes on sprayed baking tray
5. Spray cubes with one pump all over of any oil spray (olive, avocado, coconut, canola)
6. Bake for 30 mins
7. In a large wok or pan mix in steamed broccoli, carrots and baked tofu cubes
8. Add soy sauce and sweet-chilli sauce as desired, mix gently adding salt as needed
9. Empty into a half-size disposable aluminum foil tray
10. Sprinkle with chopped cilantro
11. Wrap with saran wrap or foil