



# Vegetarian stir fry



This is a combination of stir fried tofu and colourful vegetables with noodles. It has a home made sweet and sour sauce to give flavour, colour and moisture.

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# Ingredients

100g baby sweetcorn  
1 carrot  
1cm piece root ginger  
3 spring onions  
250g tofu  
1 red or Romano pepper  
50g mushrooms  
100g beansprouts

Approximately 3 servings

## **Sweet and sour sauce**

30ml white vinegar  
30ml soy sauce  
2x5ml cornflour  
15ml runny honey  
30ml tomato ketchup  
100ml water





# Method

1. Prepare the vegetables:

- Slice the spring onions.
- Peel and grate the ginger.
- Peel and cut the carrots into Julienne strips.
- Slice the baby corn in half lengthways.
- Slice the mushrooms
- Slice the pepper





# Preparing the tofu and sauce



2. Cut the block of tofu into slices. Cut each slice in half, widthways, then lengthways so the tofu is in chunks.

3. Put all the sauce ingredients into a jar, put on the lid and shake well.





## Stir fry the ingredients



4. Gently heat 30ml of oil in the wok. Add the tofu and stir fry until browned on all sides. You may need to do this in 2 or 3 lots. Save on a plate until later.



5. Add the remaining ingredients in the following order:

- Spring onion and ginger, fry 1 minute
- Carrot and sweetcorn, fry 2 minutes
- Pepper and mushrooms, fry 2 minutes
- Beansprouts, fry 1 minute



6. Add the sauce from the jar to the wok.



## Cook the sauce and serve



7. Carefully stir the sauce through the vegetables and heat until it boils. It will go thicker, clear and look glossy when it is cooked.



8. Add the tofu. Stir until it is covered with the sweet and sour sauce.



Serve on a bed of noodles or boiled rice.

