

# Nourish-vegetarian- Chop Chop Vegetable Stir Fry



## Ingredients - 2 portions (318.3g per portion)

1 tsp	Crushed garlic, Smart Choice <i>crushed</i>
1 tsp	Crushed ginger, Smart Choice <i>crushed</i>
0.5 cups	Jumbo onion <i>diced</i>
60 grams	White mushroom button
1 cup	Broccoli floret
20 grams	Mung bean
50 ml	Honey soy sauce, Knorr Sakims
1 x 100g stick (100g)	Celery
60 grams	Carrot batons, Talleys
20 ml	Sesame seed oil, Lkk
80 grams	Firm tofu
30 ml	Soy sauce, Kikkoman <i>for Tofu marinade</i>
50 grams	Puree ginger, Knorr <i>for tofu marinade</i>
0.5 x 0g each (0g)	Capsicum, red tag 1 <i>sliced</i>

## Method

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Marinate the tofu in soy sauce and ginger.

- 1) Stir fry onion, ginger and garlic in a little sesame seed oil for a few minutes.
- 2) Add sliced vegetables and stir-fry
- 3) Add honey soy sauce and toss well together.
- 4) adjust seasoning and thicken if necessary.
- 5) Mix through the cubed tofu

Garnish with spring onion.

## Nutritional Information (per 318.3g portion)

Age 19-54		0	100%	200%	300%
<b>Energy</b>	1228.63kJ				
<b>Total fat</b>	20.18g				
<b>Saturated fat</b>	3.68g				
<b>Carbs</b>	33.96g				
<b>Total sugars</b>	15.72g				
<b>Protein</b>	16.70g				
<b>Iron</b>	4.89mg				
<b>Sodium</b>	600.49mg				
<b>Fibre</b>	5.58g				