

Cashew & Tofu Stir Fry* *

2 SERVINGS 20 MINUTES



INGREDIENTS

- 350 milliliters Vegetable Broth (divided)
- 1 Yellow Onion (small, diced)
- 2 Garlic (clove, minced)
- 1 Carrot
- 180 grams Broccolini (chopped into florets)
- 2 teaspoons Cornflour
- 10 mls Soy Sauce, Low Sodium
- 75 grams Bok Choy
- 60 grams Cashews
- 80 grams Thai Water Chestnuts
- 180 grams Tofu
- 1 stalk Green Onion (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	349	Sugar	13g
Fat	20g	Protein	22g
Saturated	4g	Sodium	2446m..
Carbs	38g	Calcium	445mg
Fiber	8g	Iron	7mg

DIRECTIONS

- 01 Heat a pan over medium heat. Add the onion and 1/3 of the broth. Sauté for two to three minutes or until the onion has softened.
- 02 Add the garlic, carrot, broccolini, and another 1/3 of the broth. Cover and steam the vegetables for three to four minutes or until slightly tender.
- 03 Mix the cornflour with some stock to make a slurry. Pour it into the pan along with the soy sauce and stir for one to two minutes until the sauce thickens.
- 04 Add the bok choy and stir.
- 05 Mix in cashews and water chestnuts, then add the tofu and remaining stock.
- 06 Divide the stir fry into bowls. Top with chopped green onion. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately three cups.

MORE FLAVOR

Add ginger and/or chili flakes.

