

Wok with tofu and vegetables

30—40 Min

Preparation

1. In the first step, peppers, carrots, zucchini and spring onions are washed and peeled. Then cut the vegetables into fine stripes. Set aside a handful of spring onions for the garnish. The tofu is then also cut into cubes.
2. Now stir the vegetable soup with the apple juice, soy sauce, ginger and corn starch until smooth. The oil can then be heated in a wok pan and the tofu can be fried in it. When it is golden brown, add the curry and fry briefly.
3. In the next step, take the tofu out of the wok again and fry the carrots, peppers and peas in the hot oil you just used. Finally add the zucchini too. Now season everything with salt and chili.
4. The tofu can then be added back to the vegetables and the previously prepared sauce mixture can be stirred in. Fry everything together until the sauce thickens. Meanwhile, cook the basmati rice according to the package instructions.
5. As soon as the basmati rice is cooked, it can be prepared together with the wok, garnished with the spring onions and freshly chopped chilis and served.

Ingredients 4 Portions

= Kotányi Produkte

400 g	Tofu, smoked
2 pcs	Red pepper
250 g	Carrots
1 pc	Zucchini
150 g	Pea pods
2 pcs	Spring onions
200 ml	Clear vegetable soup
6 tbsp	Soy sauce
5 tbsp	Apple juice
1 tbsp	Maizena (corn starch)
2 tbsp	Sesame oil
	Table oil
2 pcs	Fresh chilis
240 g	Basmati rice
1 tsp	Ginger, Ground
1 pinch	Chili Extra Hot Granules
1 tsp	Curry Powder
1 pinch	Sea Salt, Coarse