

Tofu Kung Pao (vegan)



30 min. 240 kcal SteviaSweet Crystal

Preparation

Thoroughly dab dry tofu with paper towel. Dice the tofu and fry in oil until crispy. Then set the fried cubes aside for a moment.

Dice bell peppers and slice carrot. Chop garlic and ginger. Heat oil in a wok or in a pan. Add bell pepper, carrot, garlic, ginger and spices. Sauté slightly until the vegetables have lightly caramelised.

Mix ingredients for sauce and pour over vegetables. Simmer briefly and add the crispy fried diced tofu.

Garnish portions with chopped hazelnuts, fresh coriander, scallions and chili. Serve separately or with boiled rice.

Ingredients for 4 servings

300 g	tofu
1 tbsp	oil

2	bell peppers
1	large carrot
2	garlic cloves
2 tbsp	fresh ginger
1/2 tsp	Szechuan pepper
1/4 tsp	dried chili
2 tbsp	oil

Sauce

50 ml	water
3 tbsp	soy sauce
2 tbsp	rice wine vinegar
2 tbsp	SteviaSweet Crystal

Serve with

35 g	salted hazelnuts
4 tbsp	scallions
4 tbsp	coriander
2 tbsp	fresh chili

Nutritional information per portion

240	kcal
1011	kJ
10	g Protein
9.5	g Carbohydrates
18	g Fat

