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How to make Tofu Stir-Fry

sauté tofu cubes until golden. Stir-fry garlic, ginger, and mixed vegetables (like bell peppers and broccoli) in sesame oil. Add soy sauce and optional cornstarch slurry for thickening. Toss with tofu until coated, then serve hot with rice or noodles. A quick, healthy dish!

Ingredients:

- 1 block of firm tofu (cubed)
- 2 cups mixed vegetables (e.g., broccoli, carrots, bell peppers)
- 2 tbsp soy sauce
- 1 tbsp sesame oil or olive oil
- 1 clove garlic (minced)
- 1 tsp grated ginger
- 1 tsp cornstarch dissolved in water (optional for thickening)

Preparation Steps:

- **Prep Tofu:** Press and cube the tofu for a firm texture. Lightly fry until golden brown.
- **Sauté Vegetables:** Heat oil in a pan and stir-fry the vegetables until tender-crisp.
- **Add Sauce:** Mix soy sauce, garlic, ginger, and cornstarch. Add to the pan and toss with tofu and vegetables.
- **Serve:** Garnish with sesame seeds and green onions, and serve with rice or noodles.

Enjoy this quick, nutritious, and flavorful dish!