

Chilli, Cashew and Tofu Stir Fry

Serves 4

1 x block firm tofu

2 cloves garlic, crushed

1-2 small red chilli (or 1 large for less spice)

1 red onion, roughly sliced

2 handfuls of sugar snap peas, trimmed

½ large or 1 small red capsicum, sliced and cut into 3cm lengths

2 Pak choy's, trimmed and washed

3 tablespoons tamari

2 tablespoons fish sauce

1 tablespoon maple syrup

Juice of 1 lime

2 handfuls of cashew nuts

1 large handful of Thai basil leaves

Place the tofu between 2 sheets of paper towel and place something heavy on top for 10 minutes to draw out the excess water. Then cut into cubes and drizzle with 1 tablespoon tamari.

Heat a wok to medium-high heat and add ½ tablespoon coconut oil. Fry the tofu until lightly browned and set aside. Add a touch more coconut oil and add the garlic and chilli for 1 minute. Add the onion, capsicum, sugar snap peas, tofu, remaining tamari, fish sauce and maple syrup. Stir fry until vegetables are tender and then add the Pak choy, cashews, Thai basil and lime juice until the Pak choy has wilted.

