



INGREDIENTS

- 1 block extra firm tofu, pressed and cubed
- 2 cups broccoli florets
- 1 medium yellow onion, sliced
- 2 tomatoes, diced
- 3 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp soy sauce
- 1 tbsp mustard
- 1 tbsp hot sauce (I used Hanks)
- 2 tbsp olive oil
- 2 eggs (optional)
- 1 tbsp sour cream (optional)
- Salt and pepper, to taste

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 143	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 4 g	
Polysaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 323 mg	13 %
Potassium 231 mg	7 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 3 g	10 %
Sugars 3 g	
Protein 8 g	16 %

Note:
The nutritional information does not include the egg or sour cream.



Spicy Tofu & Broccoli Stir-fry



6 servings



20-30 mins

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an original
COACH
Dorian
recipe

DIRECTIONS

PREPARE TOFU AND VEGETABLES:

- Press the tofu to remove excess water, then cut it into cubes.
- Wash and cut the broccoli into florets.
- Slice the onion and dice the tomatoes.
- Mince the garlic and grate the ginger.

MAKE SAUCE

- In a bowl, mix together the soy sauce, mustard, and hot sauce. Adjust the seasoning according to your taste.

COOK TOFU:

- Heat oil in a pan over medium heat.
- Add tofu cubes and cook until golden brown on all sides, then remove from the pan, set aside.

COOK VEGETABLES:

- In the same pan, add a bit more oil if needed.
- Sauté the onions until translucent.
- Add the minced garlic & grated ginger. Sauté until fragrant.
- Add the broccoli florets and 1/2 cup chicken broth. Cook until tender but still crisp, about 5-7 minutes.
- Then add the diced tomato

COMBINE:

- Add the cooked tofu back to the pan.
- Pour the sauce over the tofu & vegetables, toss
- Let it cook for a few more minutes for the flavors to meld together.

COOK EGGS (OPTIONAL):

- In a separate pan, cook the eggs to your liking (scrambled, fried, etc.).

SERVE

- Serve on it's own, or over sauteed spinach, barilla whole grain pasta or zucchini noodles.
- Top with cooked eggs
- Dollop with sour cream if desired.