Posted on 17 September 2012

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Tofu Fry



Ingredients

½ tsp. sesame oil
2.8fl oz. orange juice
0.5oz. agave nectar
1.5fl oz. soy sauce
½ head broccoli florets, chopped
1 pkt. firm tofu, drained and cubed
0.25oz. sesame seeds

Preparation

1. Whisk the first 4 ingredients in a bowl
2. Saute the tofu and brocolli in a pan adding the whisked ingredients gradually
3. Remove from the pan once the broccoli has softened
4. Sprinkle with sesame seeds and serve immediately

Cooks Note