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*by ewfood*

## 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 broccoli 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

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