



Posted on 17 September 2012
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
