Nutty tofu bowl with

Description

Yes you are busy, working on the computer, deadlines, and want to grab a quick bite. Forget that quick sandwich, instead go for a quick & easy vegetable bowl. Grabbing something done is easy, but this takes only ten minutes longer, will taste way better and will also make you feel like you take care of yourself (also not the tired feeling after eating bread). Let’s see how alive you feel and productive you will be after this tasty bowl.

Print

Ingredients

- Tofu
- Broccoli
- Red pepper
- Spring onion
- Cashew nuts
- Sesame seeds
- Honey

Copyright 2024 BLF

- Soy sauce
- Lime
- Ginger
- Garlic
- Thin noodles (optional, if just vegetables doesn’t do it for you)
- Red chili (optional)

Print

Directions

- In a hot frying pan, add the cashews and half a minute later the sesame seeds. Briefly toss and take out of the pan when golden brown. Set aside.
- Cut the tofu in blocks and dust with but of flower and add pepper and salt, mix this well.
- In same pan, add some (vegetable) oil, when hot, add the tofu and fry until golden brown. And take out of the pan into bowl.
- Take tofu bowl and when still hot drizzle it with good amount of honey. Right after toss the nuts on top of it. The sesame seeds will attach to the tofu.
- Cut garlic, ginger, spring onion, red chili and put all into a hot wok / frying pan with oil.
- In meantime cut red pepper in slices and broccoli in florets. Add both to the pan. Wok a few minutes all together.
- Mix veggies with the nutty tofu and serve yourself a good lunch
- Obviously very nice to add shiracha or chili sauce

Copyright 2024 BLF

Copyright 2024 BLF

Copyright 2024 BLF

Copyright 2024 BLF

Copyright 2024 BLF

Copyright 2024 BLF

Copyright 2024 BLF