



Recipe

Kylie Kwong's Stir-fried Firm Tofu with
Red Capsicum, Zucchini and Ginger

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Serve as part of a shared meal for 4.

Ingredients:

1 small carrot, peeled
1 medium-sized zucchini
½ medium-sized red capsicum,
remove seeds, finely sliced
2 tablespoons vegetable oil
1 x 200g packet firm tofu, finely sliced
1 medium-sized red onion, finely sliced
1 tablespoon ginger julienne
¼ cup shao hsing wine or dry sherry
2 teaspoons brown sugar
2 - 3 teaspoons *tamari / light soy sauce
2 teaspoons malt vinegar
½ teaspoon sesame oil
1 cup spring onion julienne

Method:

1. Cut carrot and zucchini in half lengthways, then finely slice on the diagonal.

2. Heat oil in a hot wok until surface seems to shimmer slightly. Add carrot, tofu, onion and ginger and stir-fry for 1 minute.

3. Add wine or sherry, zucchini, capsicum and sugar and stir-fry for 1 minute.

4. Pour in tamari / soy sauce, vinegar and sesame oil and stir-fry for a further minute or until vegetables are just tender.

5. Toss in spring onion, stir-fry for 10 seconds, then remove from heat.

6. Transfer to a shallow bowl and serve immediately.



*Tamari contains little to no wheat and is therefore an excellent substitute for light soy, which contains wheat.