

Tofu with Vegetables Recipe

Ingredients: Serves 4

1 tablespoon oil
1 clove garlic, minced
¼ cup sliced onions
¼ cup bean sprouts
¼ pea pods
¼ cup sliced carrots
¼ cup sliced red bell peppers/capsicum
¼ cup sliced cauliflower
¼ cup sliced broccoli
¼ cup sliced mushrooms
2 cups fried tofu squares
1 tablespoon fish sauce (nampla)
1 tablespoon oyster sauce
1 tablespoon sugar

Method:

Heat pan and add oil and garlic. Add all vegetables and fried tofu. Add fish sauce, oyster sauce and sugar. Continue to cook slowly for 2 minutes until vegetables are crisp tender. Serve hot with steamed white jasmine rice.

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