

Asian Tofu Stir Fry with Cilantro Sauce

Ingredients for Stir Fry:

- ¼ cup Spanish onion, minced
- 1 teas. Sesame oil
- 1 Tbls. Ginger minced
- ½ Tbls. Honey
- 1 Tbls. Rice vinegar
- 1 Tbls. Mirin
- 2 Tbls. Tamari LITE soy sauce
- 1 teas. Sambal Oelek
- 2 cloves Garlic, minced
- ½ Tbls. Olive oil
- 12 oz Tofu, firm
- 4 cups Mixed vegetables (broccoli florets, nappa cabbage, mushrooms, green onions, bell peppers, carrots, etc.)
- ½ Tbls. Fresh ginger, minced
- 3 Egg whites
- 12 oz Prepared brown rice

Ingredients for Cilantro sauce:

- ½ cup Parsley, leaves only
- ½ cup Cilantro, leaves only
- ½ cup Red wine vinegar
- 2 cloves Garlic
- 1 teas. Cumin, ground
- 1 pinch Crushed red pepper flakes

Method:

1. Prepare the cilantro sauce by placing all of the items together in a food processor and process until smooth, drizzle in a small amount of extra virgin olive oil to bring the mixture together. Reserve the puree for garnishing the plate at the end.
2. Make the stir fry sauce by combining the first set of ingredients together and reserving.
3. Prepare the brown rice and allow to cool for later use.
4. Heat the olive oil and begin to caramelize the tofu with the ginger.



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5. Add the fresh vegetables in stages in the order of how long it will take them to cook, cabbage at the end.
6. Add the whipped egg whites and scramble until firm and set.
7. Add the cooled brown rice and stir fry into the other ingredients.
8. Add the stir fry sauce to season and add moisture to the pan.
9. Adjust seasoning as needed with garlic paste, or rice vinegar.
10. Serve with lots of vegetables on top for garnish.
11. Drizzle the plate with the fresh cilantro chermoula.

