

# Asian Tofu Stir Fry With Cilantro Sauce

## Ingredients for Stir Fry:

- ¼ cup Spanish onion, minced
- 1 tsp Sesame oil
- 1 tbsp Ginger, minced
- ½ tbsp Honey
- 1 tbsp Rice vinegar
- 1 tbsp Mirin
- 2 tbsp Tamari LITE soy sauce
- 1 tsp Sambal Oelek
- 2 cloves Garlic, minced
- ½ tbsp Olive oil
- 12 oz Firm tofu
- 4 cups Mixed vegetables (broccoli florets, napa cabbage, mushrooms, green onions, bell peppers, carrots, etc.)
- ½ tbsp 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 tsp Ground cumin
- 1 pinch Crushed red pepper flakes

## Method:

1. Prepare the cilantro sauce by placing all the ingredients 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 set aside.
3. Prepare the brown rice and allow it to cool for later use.
4. Heat the olive oil in a pan and begin to caramelize the tofu with the ginger.
5. Add the fresh vegetables in stages based on their cooking time, adding 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 with 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 plenty of vegetables on top for garnish.
11. Drizzle the plate with the fresh cilantro chermoula.



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