

Tofu Stir Fry

One 545 grams firm organic tofu cubed (Green Cuisine Brand is best)

3 tbsp of olive oil

A few chopped hot peppers to taste

Fry the above until tofu is well browned on all sides and stir in sweet chili sauce to taste and put aside.

Chop and combine the following in a wok or frying pan using only water. Cook at high temperature adding more water as required. Sprinkle fish sauce on vegetables as they cook.

2 carrots

2 stalks of celery

1 stalk of broccoli including peeled stalk

1 cup sugar snap peas

One red or orange or green pepper

1 miniature bok choy

½ cup miniature corns

6 mushrooms

1 onion

3 cloves of garlic

Peanut sauce

Combine:

1/3 cup peanut sauce

1 tbsp hoisin sauce

To Garnish:

Raw cashews

Combine tofu, vegetable mixture and peanut sauce and serve.