

Sesame Ginger Tofu Stir-fry

Servings

2

Calories

340

Prep Time

10 minutes

Total Time

18 minutes

Skill Level

Easy

Ingredients

- 1 package Mann's Kale Beet Blend
- 1 tablespoon sesame oil, divided
- 1" piece of fresh ginger, peeled and minced
- 2 small carrots, peeled and sliced on the bias
- 1 (8 ounces) package firm tofu, drained and cut into half inch cubes
- 1 stalk green onion, chopped
- ½ teaspoon toasted sesame seeds
- ¼ teaspoon salt
- ¼ teaspoon unrefined sugar
- ¼ teaspoon garlic powder
- ⅛ teaspoon crushed red pepper
- 1 (8 ounces) package stir-fry noodles, cooked
- soy sauce or liquid aminos to taste



The Method

Heat a seasoned wok over medium heat.

In a small mixing bowl, add sesame oil, tofu, green onion, sesame seeds, salt, sugar, garlic powder, and crushed red pepper. Toss until tofu is evenly coated. Set aside.

Add remaining oil, carrots, and ginger to your wok and cook until carrots are slightly softened, stirring occasionally.



Sesame Ginger Tofu Stir-fry

Add Kale Beet Blend and continue cooking until vegetables are soft. Then, remove from wok.

Add tofu mixture to the wok and cook until the tofu starts to brown.

Remove wok from heat and add the vegetables and noodles to the wok. Toss to combine and season with soy sauce or aminos for serving.

Nutrition Facts

Servings: 407g | Servings: 2

Amount Per Serving

Calories 340 | Total Fat 13g (sat fat 2g trans 0g) | Cholesterol 0mg | Sodium 410mg | Total Carbohydrate 46g | Dietary Fiber 5g | Sugars 8g (Includes 1g Added Sugars) | Protein 15g | Vitamin D 0% | Calcium 25% | Iron 15% | Potassium 15%