

RAINBOW TOFU



Ingredients:

- 1 Tbsp chopped ginger
- 2 Tbsp chopped onion
- 5 Tbsp grapeseed oil
- 16 oz extra firm tofu
- 8 oz broccoli
- $\frac{3}{4}$ C chopped green pepper
- $\frac{3}{4}$ C chopped red sweet pepper
- $\frac{3}{4}$ C baked pumpkin
- $\frac{3}{4}$ C of mushroom

Sauce:

Mix ingredients together

- 3 Tbsp sauce
- 1 $\frac{1}{2}$ tsp sugar
- $\frac{1}{2}$ tsp mushroom powder
- $\frac{1}{2}$ tsp black vinegar
- 2 Tbsp water
- 2 tsp tapioca starch
- 1 tsp sesame oil

Directions:

1. Cut tofu into rectangular pieces [roughly 2x4 in, $\frac{1}{2}$ " thick]. Marinate with sea salt, black pepper, and garlic powder for at least $\frac{1}{2}$ hour.
2. Cook broccoli in boiling water with a pinch of salt for 1-2 minutes. Drain the broccoli and rinse with cold water to maintain its green color.
3. Heat 3 Tbsp oil in a frying pan and pan fry the tofu pieces until golden brown. Place aside and cover to keep warm.
4. Pour 2 Tbsp oil in the same pan and fry ginger and onion until fragrant. Add red sweet pepper and 2 Tbsp water, then cover with lid for 1 minutes. Add green pepper and cover

C = cup, tsp = teaspoon, Tbsp = tablespoon

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for another minute. Lastly, add mushroom and baked pumpkin. Cover for a minute or until soft.

5. Pour sauce over vegetables in frying pan. Stir ½ minute or until it thickens.
6. Plate the broccoli and tofu. Arrange broccoli between each tofu. Pour the vegetable mixture over the tofu and broccoli and serve.