



Korean BBQ Stir Fry with Tofu & Cashew Nuts

Stir Fries are such a fantastic way to get vitamins and other micronutrients. Vitamin C deteriorates when exposed to higher temperatures. Stir fries are cooked for a very short time, which means vegetables have reduced exposure to heat, optimising the amount of vitamin C we get from the veg! This Korean BBQ sauce was supplied by Rebel Chilli - give them a shout out on instagram!

Ingredients

- Tofu
- Red pepper
- Spring onion
- Sugar snap peas
- Rebel Chilli Korean BBQ sauce
- Cashews
- Basmati rice
- Coriander
- Crispy onions

Your Pantry

- Olive Oil

Nutritional Info

Calories: 578 kcal
Carbohydrates: 87.6 g
Protein: 53.2g
Fat: 11.8 g

Allergens

[Wheat \(Korean Sauce\)](#)
[Soybean \(Tofu, Korean Sauce\)](#)
[Sesame \(Korean Sauce\)](#)
[Nuts \(Cashews\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Boil the kettle**

2) **Prepare the vegetables**

Thinly slice the spring onion and red pepper. Cut the sugar snap peas in half. Finely chop the coriander and set aside. Chop the tofu into cubes.

3) **Boil the rice**

Rinse the rice in a sieve under cold water. Transfer the rice in a pot of boiling water and cook for 10-12 minutes. Meanwhile....

4) **Cook the Tofu**

In a large, hot wok or frying pan, add a dash of oil. Once hot, add the tofu and stir fry for 5-6 minutes or until golden. Transfer to a plate.

5) **Cook the vegetables**

In the same pan, add another dash of oil. Add the spring onions, red pepper, and sugar snap peas to the pan and stir fry for 2-3 minutes.

6) **Add the tofu and sauce to the stir fry**

Add the tofu to the pan with the vegetables and fry for one minute. Pour in the korean BBO sauce, and cook for a final 1-2 minutes.

7) **Plate the dish**

Plate the stir fry on top of the rice, and garnish with chopped coriander, cashews, and crispy onions!



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