

# Crispy Tofu and Cashew Noodle Stir Fry



This easy midweek stir fry is the perfect combination of crispy tofu, vibrant vegetables and roasted cashews. The trick to making this dish is baking the tofu until crispy and golden, allowing it to soak up the sauce when stir frying.

## **Ingredients**

- 350 g packet extra firm tofu, cut into small cubes
- 1 red onion, thinly sliced
- 1 zucchini, thinly sliced
- 1 small head of broccoli, cut into bite-size pieces
- 1 small carrot, diced
- 1 tsp ginger, minced
- 1 tsp garlic, minced
- 1 red chill, chopped
- 1 cup green beans, stem removed and cut in half
- 1 bunch Thai basil, leaves picked
- 1 cup Community Co Raw Cashews, toasted and chopped

1 tbsp peanut oil  
1 tsp paprika  
1 tbsp salt reduced tamari

1 tsp sesame oil

1 tsp cornflour

400 g whole grain noodles

Stir Fry Sauce

3 tbsp light soy

1 tsp vegetable stock powder

1 tbsp Shaoxing cooking wine

1 tbsp lime juice

1/3 cup water

1 tbsp cornflour

## **Method:**

1. Preheat the oven to 180°C.
2. Prepare the noodles according to packet instructions.
3. Whisk together the stir fry sauce ingredients.
4. Place tofu in a bowl, add paprika, soy sauce, cornflour and sesame oil, stir and evenly coat the tofu.
5. Put the tofu in the oven and bake for 15 minutes, until it's slightly crispy and golden.
6. Meanwhile, in a wok or frying pan over a high heat add peanut oil, stir fry ginger and onion until fragrant, add all the vegetables and sauce ingredients. Stir fry for 3-5min.
7. Add the crispy tofu to the pan, stir through the stir fry sauce to coat everything. Add Thai basil at the last minute.
8. Sprinkle with toasted cashews to serve.