



# STIR FRY MIXED VEGETABLES WITH TOFU

BY OWNER/CHEF NUI PANNAK, EMPTY BOWL GOURMET NOODLE BAR

**PREP TIME: 20 MINUTES**

**SERVES: 2**

## INGREDIENTS

- 1 Cup Baby Bok Choy (1 inch chop)
- 1 1/2 Teaspoon Cooking Oil
- 1 Teaspoon Chopped Garlic
- 1/2 Cup Tofu
- 1/4 Cup Carrot Slices
- 1/4 Cup White Onion Slices
- 1/4 Cup Snap Peas
- 2 Teaspoon Brown Sugar
- 2 Tablespoon Mushroom Soy Sauce (or Soy Sauce)

## DIRECTIONS

1. Prep the baby bok choy by cutting in quarters, then add to boiling water for 10 seconds, transfer to ice water and then drain. Set aside for later.
2. Heat a large wok or skillet over medium heat. Add 1 1/2 teaspoon cooking oil to pan; swirl to coat.
3. Add garlic and cook until golden brown. Add tofu and cook for 2 minutes, then add carrots and sauté for 3 minutes.
4. Add white onion; stir for 1 minute. Add snap peas then add baby bok choy; sauté for 1 minute.
5. Mix brown sugar with mushroom soy sauce and pour over stir fry. Cook for 1 minute.
6. Serve hot and enjoy!