



Stir-fried Vegetables with Braised Firm Beancurd

Ingredients

- 1 piece of firm beancurd
- 150g of sweet peas
- 100g of green vegetables of your choice (e.g. broccoli, bok choy or asparagus)
- 100g of carrot, sliced
- 1 tbsp of garlic, minced
- 1 tbsp of oil*
- 1 tbsp of corn flour
- 1 tbsp of water

Seasoning:

- 2 tbsp of vegetarian oyster sauce*
- 1 tbsp of chinese cooking wine (optional)
- 1 tsp of dark soy sauce*
- ¼ tsp of sugar
- A dash of pepper
- 3 tbsp of water or vegetable stock*

Firm beancurd marinade:

- 2 tbsp of light soy sauce*
- 1 tbsp of dark soy sauce*
- 1 tsp of five spice powder
- 1 cup of water

Method

- Mix together the marinade and add in the firm beancurd. Braise the firm beancurd until evenly coloured.
- Cut braised firm beancurd into slices and set aside.
- Heat oil in wok and stir-fry garlic until fragrant.
- Add sweet peas, green vegetables and carrots. Stir-fry until vegetables are tender and cooked through.
- Add seasoning and the sliced braised firm beancurd.
- Make corn flour slurry by mixing corn flour with 1 tbsp of water till well combined.
- Slowly pour in corn flour slurry into the sauce while stirring.
- Serve the dish immediately when the sauce thickens.

Tip:

- Soy products such as firm beancurd are good sources of protein, vitamins and minerals.



*Choose products with the Healthier Choice Symbol.