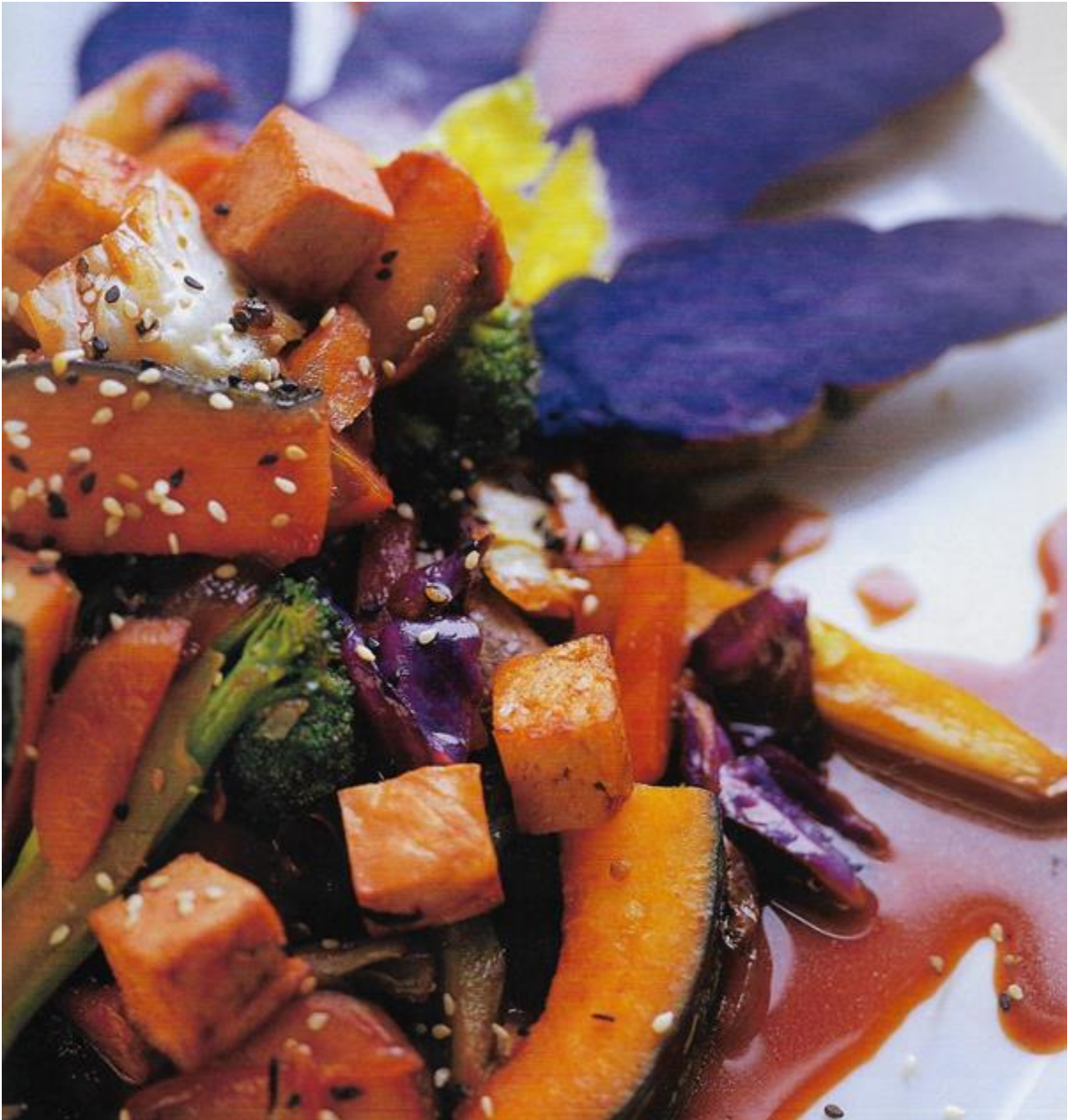


ORGANIC TOFU VEGETABLE STIR-FRY



Ingredients (serves 2 people):

4-6 red potatoes, boiled and kept warm

1/2 cup light vegetable oil

1/2 medium onion, peeled and sliced

1/2 block firm tofu, cut into 2 1/2 cm cubes

1 medium carrot, peeled and cut into matchstick—sized pieces

2 medium zucchinis, cut thinly sliced

1/2 head broccoli, cut into florets
1 cup red cabbage, cut into 2 cm squares
1 cup green cabbage, cut into 2 cm squares
1 medium sweet potato, peeled, parboiled and cut into 2 cm cubes
3 cloves garlic, peeled, finely crushed and chopped to a purée
2 slices peeled ginger finely crushed and chopped to a purée
1 tbsp miso paste
1/2 cup diluted tamari with 60% tamari and 40% water
1 cup vegetable stock
1 tbsp freshly chopped herbs such as mint, dill, basil, etc.
1 tbsp sesame seeds

Preparation:

1. Heat a wok to medium-to-high, add the oil, and cook the onion, tofu and carrot until the onion is soft but not at all browned.
2. Add the courgettes, broccoli, red and green cabbage, sweet potato, garlic and ginger.
3. Cook, stirring continuously, for 3-4 minutes.
4. Add the miso paste, tamari and stock.
5. Cover and cook for 3-4 minutes.
6. Add the herbs and toss to mix.
7. To serve divide the vegetable stir-fry, with plenty of sauce, between four heated bowls.
8. Serve with red potatoes.
9. Sprinkle with sesame seeds.