

TOFU SCALLION STIR FRY



SERVING SIZE

3



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Firm Tofu, Pressed and Cubed	1 Block (14 oz)	Vegetable Stock	¼ Cup
Olive Oil	1 Tbsp.	Minced Garlic	1 Tbsp.
Ginger Root, Fresh and Sliced (for Seasoning Oil)	1	Minced Ginger	1 Tbsp.
Fresh Garlic Cloves (for Seasoning Oil)	3	Soy Sauce (or Coconut Aminos)	2 Tbsp.
Bunch of Green Onions, Sliced	1	Salt and Pepper	To Taste



PREPARATION

- Press the tofu to remove excess moisture and cut it into small cubes.
- Heat the olive oil in a skillet over medium heat.
- Add fresh ginger slices and garlic cloves to the oil. Sauté for 1-2 minutes.
- Add the tofu cubes to the skillet and cook until golden brown on all sides, about 6-8 minutes.
- Add the sliced green onions to the skillet. Stir-fry for 2-3 minutes until fragrant.
- Pour in the vegetable stock and soy sauce. Stir and cook for another 2-3 minutes until the sauce reduces slightly.
- Season with salt and pepper to taste.
- Serve hot, garnished with extra green onions if desired. Enjoy!