

**INGREDIENTS****Tofu + Aromatics**

- 1 block (14 oz) firm tofu, pressed + cubed
- 3 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 2 tbsp neutral oil, divided

**Stir Fry Sauce**

- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tsp cornstarch
- 1 tsp honey or maple syrup

**To Serve**

- 2 cups cooked rice

**Press tip:** Wrap tofu in a kitchen towel. Set a heavy pan on top for 15 minutes. Extra-firm tofu needs only 10 minutes.

**5 VEGETABLE VARIATIONS****1. Bell Pepper + Snap Pea**

2 bell peppers sliced, 1 cup snap peas | 3-4 min | ~\$2.40/serving

**2. Zucchini + Corn**

2 zucchini sliced, 1 cup corn | 3 min | ~\$2.20/serving

**3. Bok Choy + Mushroom**

4 baby bok choy, 8 oz mushrooms | mushrooms first 4 min | ~\$2.80/serving

**4. Broccoli + Carrot**

2 cups broccoli florets, 2 carrots sliced | steam-cover 90 sec | ~\$2.30/serving

**5. Green Bean + Red Onion**

2 cups green beans, 1/2 red onion | blister 5 min | ~\$2.10/serving

**MEAL PREP SHORTCUTS**

- Pressed tofu cubes keep refrigerated up to 4 days.
- Premixed sauce keeps in a jar up to 1 week. Shake before using.
- Cut vegetables hold 3-4 days sealed. Bok choy: cut day of.

**INSTRUCTIONS**

- 1 Press the tofu.** Wrap block in a towel. Press under a heavy pan 15 minutes. Cut into 3/4-inch cubes.
- 2 Mix the sauce.** Whisk soy sauce, rice vinegar, sesame oil, cornstarch, and honey until smooth. Set aside.
- 3 Heat the pan.** Set wok or large skillet over high heat. Add 1 tbsp oil. Heat until oil shimmers.
- 4 Sear the tofu.** Add tofu in a single layer. Do not stir. Cook 2-3 minutes until deep golden. Flip. Sear 2 more minutes. Remove to plate.
- 5 Cook aromatics.** Add remaining oil, garlic, and ginger. Stir constantly 30 seconds until fragrant.
- 6 Stir-fry vegetables.** Add chosen vegetables. Toss over high heat 3-4 minutes until tender-crisp with light char.
- 7 Finish with sauce.** Return tofu. Pour sauce over everything. Toss to coat. Cook 1 minute until sauce thickens and clings.
- 8 Serve.** Spoon immediately over cooked rice.

**STORAGE**

**Cooked stir fry:** 3 days refrigerated. Reheat in skillet with a splash of water.

**Uncooked tofu:** 4 days refrigerated. Pat dry before cooking.

**Sauce (unmixed):** 1 week refrigerated. Stir or shake before using.

**Frozen portions:** 2 months. Thaw overnight. Reheat in skillet.

**Substitutions:** Tamari for soy sauce (gluten-free). Apple cider vinegar or lime juice for rice vinegar. Maple syrup for honey (vegan). Extra-firm tofu works 1:1.