

PREPARATION: 15 MINUTES

MARINATING: 6 HOURS

COOKING: 15 MINUTES

4 SERVINGS

HONEY MUSTARD FRIED TOFU



INGREDIENTS

Marinade

2 tablespoons olive oil

2 tablespoons honey

2 teaspoons Dijon mustard

2 teaspoons turmeric

2 teaspoons cumin

1 block firm tofu (454g), cut into cubes

1 teaspoon olive oil

2 cups broccoli, cut in fleurets

1 cup red peppers, cut into strips

2 tablespoons water

2 tablespoons white vinegar

150g rice noodles

PREPARATION

- 1 In a medium-sized bowl or sealable plastic bag, mix the ingredients for the marinade. Add the tofu and refrigerate for a minimum of 6 hours or overnight.
- 2 In a non-stick frying pan, heat olive oil over medium heat. Take the tofu out of the marinade. Set marinade aside. Fry the tofu for 2 minutes on each side.
- 3 Transfer the tofu to a plate, brush the remaining marinade on the tofu and keep warm.
- 4 Keeping the heat on, add the broccoli, peppers, water and vinegar to the frying pan. Stir-fry the vegetables for three minutes or until the liquid has almost disappeared and the vegetables are cooked but still crunchy. Transfer to a plate and keep warm.
- 5 Prepare the noodles following the instructions on the package.
- 6 Serve the tofu with the vegetables and noodles and enjoy!

Note: Marinades are the key to making tofu a tasty plant-based protein. The rule is: the longer you marinade the more flavour will be absorbed. You can marinade more than 6 hours without a problem but you can also marinade for just 15 minutes if you are in a rush. Unlike marinades for meat that need to be discarded there is no danger in using leftover marinade as a sauce when using tofu.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

2 Protein + 2 Starch + 1½ Vegetables

Calories **359Kcal**

Protein **13g**

Carbohydrates **47g**

Fibre **2g**

Total Fat **14g**

Saturated Fat **2g**

Cholesterol **0mg**

Sodium **120mg**

Potassium **406mg**

Phosphorus **216mg**