

PREPARATION: 30 MINUTES

COOKING: 30 MINUTES

4 SERVINGS

VEGETARIAN CHOP SUEY



INGREDIENTS

¾ cup long grain white rice

1½ cups water

350g tofu, extra firm, cut into ½" cubes

2 tablespoons canola oil

MISO SAUCE

3 tablespoons white miso paste*

2 tablespoons rice wine vinegar

2 tablespoons water

1 tablespoon honey

1 tablespoon sesame oil

1 cup celery, cut on the bias ¼"

1 cup mushrooms, sliced

1 cup red pepper, sliced ¼"

1½ cups bean sprouts

2 teaspoons ginger, grated

1 teaspoon garlic, minced

* Miso should be used sparingly to add a burst of flavour to recipes because it is high in sodium. Compare labels and choose the lowest sodium miso available at your store. We used a product with 140mg Na/teaspoon.

PREPARATION

- 1** To prepare the rice, bring water to a boil. Add rice. Simmer covered for 15–20 minutes until water is absorbed. Remove from heat.
- 2** To prepare tofu, heat oil over medium heat in a non-stick frying pan. Add diced tofu and brown, approximately 2–3 minutes per side. Remove tofu from pan and set aside. Reserve pan with residual oil.
- 3** To prepare the miso sauce, add the miso paste, rice wine vinegar, water, honey, and sesame oil to a small mixing bowl. Whisk well to combine. Refrigerate.
- 4** To prepare the stir fry, to the same non-stick frying pan over high heat, add celery, mushrooms, red peppers, bean sprouts, ginger and garlic. Sauté for 2–3 minutes until vegetables are tender crisp.
- 5** Add miso sauce and tofu. Simmer for 2–3 minutes until sauce reduces and stir fry is heated through.
- 6** Serve immediately on a bed of rice.

Tip: Create your own chop suey recipes by trying different vegetable/protein combinations with our miso sauce.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

2 Protein + 2 Starch + 2 Vegetable

Calories **367Kcal**

Protein **14g**

Carbohydrates **45g**

Fibre **4g**

Total Fat **12g**

Saturated Fat **1g**

Cholesterol **0mg**

Sodium **357mg**

Potassium **490mg**

Phosphorus **237mg**