

Tofu & Aubergine Stir-Fry

Recipe recommended by ANISSA LEE
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MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	811kj	10%
Energy (kcal)	194kcal	10%
Fat	11g	16%
of which saturates	1.1g	6%
Carbohydrate	15g	6%
of which sugars	2.3g	3%
Fibre	2g	8%
Protein	8.3g	17%
Salt	1.5g	25%

Generated by Nutrics v5.61 on 28/08/2022

INGREDIENTS: (Serves 2 - 370kcal per 190g serving)

- 125g Aubergine, raw, 1-inch cubes
- 125g Tofu, firm, raw, 1-inh cubes (**SOYA**)
- 2 Tablespoon Oil, vegetable
- 2 Tablespoon Flour, white (**GLUTEN**)
- 2 Tablespoon Soy sauce (**SOYA**) (**GLUTEN**)
- 1 Teaspoon Oil, sesame (**SESAME**)
- 1 Teaspoon Sugar, brown

OPTIONAL EXTRAS:

- 1 Tablespoon Spring onion, bulbs and tops, raw, sliced
- 1 Tablespoon Chilli, raw, sliced

METHOD:

1. In a bowl, add in the flour and lightly coat the tofu. Set aside.
2. To make the sauce, combine soy sauce, sesame oil and sugar in a small bowl and set aside.
3. Heat 1 tablespoon of oil in a pan on high heat and cook the aubergine for 10 minutes or until they are soft.
4. In another pan, heat 1 tablespoon of oil on high heat and fry the tofu cubes for around 5 minutes or until golden brown.
5. Combine the fried tofu and aubergine together in one pan and add the sauce. Cook until the sauce thickens.
6. Serve with toppings such as spring onion or chilli if desired.

ALLERGENS



GLUTEN



SOYA



SESAME

MODIFY

CREDIT

Recipe by: Anissa Lee
Photo by: Delicious Magazine