

SATAY TOFU



Serves 4 | Prep time: 15 mins

Cook time: 15 mins

INGREDIENTS

2/3 cup smooth peanut butter
1 tbsp peanut oil
1 garlic clove, crushed
1 long red chilli, deseeded and chopped (optional)
¼ tsp ground cumin
½ cup light coconut milk
1/3 cup water
½ tbsp soy sauce
1 tbsp kecap manis
1 tbsp peanut oil
1 brown onion, chopped
1 tbsp ginger, finely chopped
1 garlic clove, finely chopped
1 medium carrot, peeled and diced
1 capsicum, diced
1 bunch broccolini, cut into thirds
1 zucchini, halved and sliced
500g firm tofu, cut into 1cm cubes
400g wholegrain noodles, cooked
½ cup bean sprouts, rinsed and drained
Crushed peanuts and chopped spring onions to serve

METHOD

1. Combine coconut milk, peanut butter, garlic, chilli, cumin, water, soy sauce and kecap manis in a mixing bowl. Set aside.
2. Heat oil in a wok. Fry onion, ginger and garlic over medium-high heat for 1 minute. Add vegetables and satay sauce and cook for 5 minutes.
3. Add tofu and noodles and coat well with the sauce. Turn heat down to a gentle simmer and cook for a further 2-3 minutes.
4. Gently stir through bean sprouts prior to serving.

Garnish with crushed peanuts and spring onions.



THE NUTRITION GUY



NUTRITION TIP

Soy is packed full of nutrients, including protein, iron, potassium and magnesium. There's also plenty of research showing that soy can help to reduce cholesterol.