

RECIPE | PEPPERS

PEPPER & TOFU STIR FRY



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INGREDIENTS

- 1 Pure Flavor® Organic Red Sweet Bell Pepper, julienned
- 12 oz organic tofu, cubed
- 2 tbsp water
- 1 package organic rice noodles, prepared
- 1 tbsp fresh organic ginger, minced
- 1 small organic cabbage, finely shredded
- Pinch of organic red pepper flakes
- 1 organic carrot, cut into matchsticks
- Salt and pepper, to taste
- 4 organic green onions, sliced
- 2-3 cloves organic garlic, minced
- 2-4 tbsp organic soy sauce
- 2 tbsp organic sesame oil, divided
- 1-2 tbsp organic rice wine vinegar

DIRECTIONS

1. Heat 1 tablespoon of oil in a pan over medium-high heat, add tofu and cook for 5-8 minutes on each side, until lightly golden in color. Season with salt. Transfer to a small plate.
2. Heat a large wok or skillet over medium-high heat, add remaining tablespoon of oil, ginger, garlic and red pepper flakes and cook for 1 minutes. Add cabbage, peppers, carrots, green onions, soy sauce, rice vinegar and water. Stir fry for 5-7 minutes, or until cabbage wilts and vegetables soften. Add the tofu to the cabbage 2 minutes before it's done to warm through. Taste for seasoning, adding salt and pepper to taste.
3. Serve with rice noodles.



TOTAL TIME
30 minutes

PREP TIME
10 minutes

COOK TIME
20 minutes

SERVES
4-6

COOKING LEVEL
Easy