

**TOTAL TIME**

30 minutes

**PREP TIME**

10 minutes

**COOK TIME**

20 minutes

**SERVES**

4-6

**COOKING LEVEL**

Easy

**RECIPE | PEPPERS**

# PEPPER & TOFU STIR FRY

**INGREDIENTS**

1 Pure Flavor® Organic Red Sweet Bell Pepper, julienned

12 oz organic tofu, cubed

1 package organic rice noodles, prepared

1 small organic cabbage, finely shredded

1 organic carrot, cut into matchsticks

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

2 tbsp water

1 tbsp fresh organic ginger, minced

Pinch of organic red pepper flakes

Salt and pepper, to taste

**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.

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