

Less than 30 minutes

Serves 2

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Ingredients:

- Glug olive oil + extra for paste
- 1 packet (200g) PnP extra-firm sesame-cruste tofu
- 1 Tbsp (15ml) PnP garlic and ginger paste
- 1 sliced packet (300g) PnP Tasty Stem broccoli
- 1 packet (200g) fine green beans
- 1 packet (100g) PnP soy, honey and ginger stir-fry sauce
- Noodles or rice, for serving (optional)

Method

1. Heat oil in a pan and fry tofu until crispy all around. Set aside.
2. Add a little extra oil to pan, if needed, and fry garlic and ginger paste for 30 seconds.
3. Increase heat and add broccoli and green beans.
4. Stir-fry for 3 minutes or until bright and tender.
5. Add soy, honey and ginger stir-fry sauce, and cook for 1 minute.
6. Spoon into serving dishes, top with tofu and serve with noodles or rice on the side.