



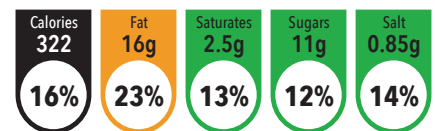
LOSALT & PEPPER TOFU STIR FRY

 **Prep: 10 minutes**

 **Cook: 10 minutes**

 **Serves: 2**

Each serving contains



of your guideline daily amount

Ingredients:

- ½ tsp LoSalt
- 1 tsp Sichuan pepper
- ½ tsp black peppercorns
- 200g pack smoked tofu, diced
- ½ tbsp toasted sesame oil
- 1 onion, sliced
- 1 red pepper, sliced
- 100g tenderstem broccoli spears, halved
- 200g beansprouts

Method:

1. Place the LoSalt and both peppercorns in a pestle and mortar and crush to a coarse powder. Stir into the tofu with the oil.
2. Heat a large frying pan or wok and fry the tofu for 3 minutes until golden, transfer to a plate and set aside. Add the onion, pepper and broccoli to the pan with 3 tbsp water, cover and cook for 5 minutes.
3. Add the tofu back into the pan with the beansprouts and cook for 2 minutes.

COOKS TIP:

Try adding some cooked noodles or rice for a more substantial meal.