



# TOFU STIR-FRY WITH VEGETABLES AND KATSU CURRY SAUCE

Tofu pieces coated in panko breadcrumbs, served with stir fried vegetables and finished in a Katsu Curry sauce.



PREP TIME  
20 MIN



COOK TIME  
20 MIN



SERVINGS  
4

## Ingredients

- 500g firm tofu, cut into slices
- 250mls almond milk
- 2 garlic cloves, crushed
- 2 limes
- 1tsp Za'atar spice
- 100g vegan breadcrumbs
- 2 chillies, finely chopped
- 1 red pepper, sliced
- 1 green pepper, sliced
- 80g baby corn
- 4 spring onions, finely sliced
- 80g French beans
- 300g [Blenders Katsu Curry](#)

## Allergens

Contains Gluten, Soybeans

## Method

1. Pour the almond milk into a bowl and add the crushed garlic, chopped chillies, the juice and zest of the two limes, the za'atar spice and mix well.
2. Slice the tofu into fingers and lay on some kitchen roll to remove the excess water. Put the tofu into the almond milk mix and cover for about 20 minutes.
3. Heat a frying pan and add the oil.
4. Remove the tofu from the almond milk and place in the vegan breadcrumbs. Gently place the breaded tofu into the hot oil and cook on each side for 3 to 4 minutes until golden brown.
5. In a wok, stir-fry the red and green peppers, baby corn, spring onions and French beans for 3 minutes.
6. Add the [Katsu Curry Sauce](#) and cook until the sauce is heated through.
7. To plate, put the tofu on a bed of rice or noodles. Gently pour the curry and vegetables on top and serve.

