



## TOFU TERIYAKI STIR FRY

Serves 2, Vegetarian

### Ingredients

- 14 OUNCES FIRM TOFU (EXTRA-FIRM)
- 1 CUP TERIYAKI SAUCE
- 1 TABLESPOON SESAME OIL (OR PEANUT OR CANOLA)
- ½ CUP MUSHROOMS, SLICED
- 1 TABLESPOON CORN STARCH
- 2 SCALLIONS, SLICED, GREEN PARTS ONLY

### Method

DRAIN THE TOFU, CUT IT INTO CUBES AND PAT IT DRY WITH PAPER TOWELS. IN A BOWL OR SEALED PLASTIC BAG, MARINATE THE TOFU IN THE TERIYAKI SAUCE FOR AT LEAST 10 MINUTES.

SLICE THE MUSHROOMS INTO THICK SLICES. SLICE THE SCALLIONS . MEASURE OUT THE CORN STARCH AND PLACE IT IN A SMALL BOWL. ADD A TABLESPOON OF COLD WATER TO THE CORN STARCH AND STIR TO DISSOLVE.

HEAT A LARGE SAUTE PAN OVER HIGH HEAT. WHEN IT IS HOT, ADD THE SESAME OIL AND SWIRL THE PAN TO COAT IT EVENLY. ADD THE MUSHROOMS AND COOK FOR A MINUTE, STIR-RING, TO GIVE THEM A GOOD SEAR.

REMOVE THE TOFU FROM THE MARINADE WITH A SLOTTED SPOON. RESERVE THE MARINADE FOR LATER. COOK THE TOFU ON HIGH HEAT UNTIL THE LIQUID EVAPORATES AND THE TOFU GETS A NICE CARAMELIZED SEAR.

WHEN THE TOFU IS NICELY SEARED, ADD THE SCALLIONS, AND COOK FOR ABOUT 30 SECONDS. FINALLY, ADD THE TERIYAKI SAUCE TO THE PAN. GIVE THE CORN STARCH MIXTURE A STIR AND POUR IT IN, STIRRING TO COMBINE. THE SAUCE WILL SOON BUBBLE AND START TO THICKEN. WHEN IT HAS REACHED YOUR DESIRED CONSISTENCY, REMOVE IT TO A BOWL AND GARNISH WITH THE REMAINING SCALLIONS. SERVE IMMEDIATELY WITH RICE OR NOODLES.

