

# Sweet and sour tofu (vegan)



40 min. 445 kcal  
 SteviaSweet Baking Granules

## Preparation

Put all sweet and sour sauce ingredients into a bowl and mix until **SteviaSweet Baking Granules** has melted. Put the sauce to one side to use later. Carefully dry the tofu and cut it into cubes. (1.5 x 1.5cm) Pour half of the vegetable oil into a hot pan and fry the tofu cubes for 7 - 8 minutes until they turn light brown. Place the pieces onto a plate to use later.

Finely grate the garlic and ginger. Quarter the radishes and separate the broccoli florets from the stalks. Cut the scallions into thin rings.

Simmer the garlic and ginger in vegetable oil. Add the chili powder, radishes and broccoli and fry for a few minutes more. Pour the thoroughly-mixed sweet and sour sauce into the pan and bring it to the boil. Add the tofu cubes and cook for a few more minutes so that the tofu is heated. Serve the sauce together with boiled rice. Decorate the serving with fresh coriander and roasted cashew nuts.

## Ingredients for 2 - 3 servings

200 g	solid tofu
2 tbsp	vegetable oil
2	garlic cloves
1 tsp	fresh ginger
1/4 tsp	chili powder
100 g	radish
100 g	broccoli florets
50 g	scallions

### Sweet and sour sauce

50 g	rice vinegar
100 ml	water
40 g	<b>SteviaSweet Baking Granules</b>
1 tbsp	tomato purée
2 tbsp	soy sauce
2 tsp	cornstarch
	salt

### To serve

4 tbsp	roasted cashew nuts
	Fresh coriander
	(Cooked rice)

## Nutritional information per portion

445	kcal
1871	kJ
22	Protein in g
20	Carbohydrates in g
34	Fat in g