

Coconut, kale & tofu stir fry



DYNAMIX
HEALTH & FITNESS

300g silken or firm tofu
2 tps coconut oil or olive oil
1 medium sized white onion, sliced
1 red bell-pepper, sliced
a pinch of sea salt
50g kale
15g coconut flakes
100g beansprouts
a small handful of fresh coriander

for the sauce:

1 tbs soy sauce or tamari
juice of 1 lime
2 tps sesame or olive oil
35g crunchy peanut butter
2 tps honey or agave nectar
1 tsp grated ginger
1 clove garlic, finely chopped
½ tsp red chilli flakes

SERVES 2



PER SERVING:
484 Calories
37g Carbs
21g Protein
28g Fat



Wrap several sheets of kitchen roll around the tofu block. Press gently to remove excess moisture and leave for 10 minutes. Cut into bite-sized cubes.

Melt the oil in a large frying pan or skillet over a medium / high heat. Add the tofu and fry for 2 minutes on each side or until golden brown. Use a fish slice or spoon to carefully turn the tofu. Transfer to a plate lined with several sheets of kitchen roll.

Mix the sauce ingredients in a bowl. Add a splash of cold water if the sauce is too thick. Add the tofu to the sauce, stir gently and leave for 10 minutes.

Place the frying pan back over a medium / high heat. Add the onion and stir fry for 2 minutes. Add the red pepper, salt and kale. Stir fry for 2 minutes. Add the coconut flakes and stir fry for 1 minute. Add the beansprouts and stir fry for 2 minutes.

Add the tofu and peanut sauce. Cover with a lid and cook for 2 minutes to heat through. Remove pan from heat. Serve garnished with fresh coriander.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

