

# Stir-fried greens with tofu, chilli & basil



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**Preparation:** about 15 minutes  
**Cooking:** about 10 minutes  
**Serves:** 4

¼ cup salt reduced soy sauce  
2 tsp sesame oil  
1 tbs caster sugar  
¼ cup peanut oil  
375g firm tofu, cut into 1cm-thick bite-sized pieces  
1 long red chilli, deseeded and thinly sliced  
3 garlic cloves, finely chopped  
3 green onions (shallots), cut into 4cm pieces  
1 bunch baby choy sum, trimmed, stems chopped, leaves separated  
2 bunches asparagus, trimmed and cut into 5cm pieces  
100g snow peas, trimmed  
½ cup basil leaves  
Steamed jasmine rice, to serve

1. Whisk soy sauce, sesame oil and sugar in a small jug. Set aside. Heat oil in a wok over high heat until hot. Add tofu in batches, and stir-fry, tossing often, for 2 minutes until golden. Using a slotted spoon, transfer to a plate. Set aside.
2. Add chilli and garlic to wok. Stir fry over high heat for 1 minute until fragrant. Add green onions, choy sum stems and asparagus. Stir-fry for 2 minutes. Add choy sum leaves, snow peas and soy sauce mixture to wok. Stir fry until leaves wilt. Toss through basil. Serve with steamed jasmine or brown rice.



### Asparagus

- One of the best sources of natural folate. This B complex vitamin is important throughout life for heart health.
- A source of vitamin C which functions in the body as an antioxidant, helping to prevent damage to body tissues.