

Super Simple Stir Fry

A super easy and nutritious stir fry full of different veggies! This recipe makes a lot so it's great to batch cook or make with friends!

PREP TIME: 10 minutes COOK TIME: 20 minutes

Makes 4 servings

Vegan, gluten free with substitutions*

INGREDIENTS

Stir Fry

- ❑ 1 package spaghetti noodles (for gf sub brown rice spaghetti)
- ❑ 1 block tofu
- ❑ 2/3 cup frozen edamame, defrosted
- ❑ 1 cup broccoli, chopped (about 1 small head)
- ❑ 2 bell peppers
- ❑ 2 cups spinach, bok choy, or tatsoi
- ❑ 2 small onions
- ❑ 3 Tbsp olive oil (could sub sesame oil)

Simple Sauce

- ❑ 1/4 cup soy sauce (sub tamari for gf)
- ❑ 2-3 Tbsp maple syrup
- ❑ 1 - 1 1/2 tsp garlic powder



INSTRUCTIONS

1. **SAUCE:** Combine ingredients in a bowl and whisk with a fork until combined
2. **NOODLES:** prepare according to package instructions
3. **TOFU:** Press tofu with paper towels to remove water. Cut tofu into cubes. Fry tofu with a little olive oil until golden brown. Transfer to a bowl and set aside.
4. **VEGGIES:** Wash and chop veggies except for spinach and in the same pan, add veggies and other half of oil. Stir fry over medium high heat until tender. Add a little water if needed to prevent sticking.
5. **ASSEMBLE:** Drain the noodles. Add them to the pan with the veggies. Add about half the sauce and stir-fry until mixed. Add tofu. **Optional:** Top with peanuts, hulled sesame seeds, cilantro, and /or lime!