

Sweet soy, vegetable & tofu stir-fry



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Preparation: about 15 minutes

Cooking: about 5 minutes

Serves: 4

1/3 cup kecap manis

2 tbs honey

1/4 cup vegetable or chicken stock

2 tbs peanut oil

3 green onions (shallots), thinly sliced diagonally

2 garlic cloves, chopped

2 bunches asparagus, trimmed and cut into 5cm lengths

150g snow peas, trimmed

150g oyster mushrooms, halved lengthways

200g firm tofu, drained and cubed

Steamed jasmine rice, to serve

1. Combine kecap manis, honey and stock in a jug. Stir until combined. Set aside.
2. Heat a wok over high heat until hot. Add oil and heat. Add green onions, garlic, asparagus and snow peas. Stir-fry for 2 minutes.
3. Add kecap manis mixture, oyster mushrooms and tofu. Stir-fry for 2 minutes or until mushrooms are just tender. Serve with steamed jasmine rice.



Asparagus

- One of the best natural sources of folate.
- A source of vitamin E, an important antioxidant and also vitamin C and niacin, one of the B complex vitamins that is involved in the production of energy within the body.
- Asparagus supplies dietary fibre, vital to prevent constipation.