

# Asian greens, seed & tofu stir-fry



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Preparation 20 mins | Cooking 8 mins | Serves 2

- 1 tbs peanut or vegetable oil
- 2 green onions (shallots), trimmed and cut into 3cm pieces
- 3cm piece ginger, peeled and grated
- 1 long red chilli, deseeded and thinly sliced
- 2 garlic cloves, finely chopped
- 200g teriyaki-flavoured tofu, sliced
- 1 bunch choy sum, trimmed and sliced
- 1 bunch baby bok choy, trimmed and sliced
- 2 tsp sesame oil
- 2 tbs salt reduced soy sauce
- ¼ cup pepitas
- 1 tbs toasted sesame seeds
- Steamed brown rice & extra sliced long red chilli, to serve

**STEP 1** Heat oil in a wok over high heat. Add green onions, ginger, chilli and garlic. Stir-fry for 2 minutes. Add tofu and stir-fry for 1 minute.

**STEP 2** Add choy sum, bok choy and 2 tablespoons water. Toss to combine. Cover and cook for 2 minutes. Add sesame oil, soy sauce and pepitas. Toss until hot. Scatter with sesame seeds. Serve with brown rice and extra sliced chilli.

## Good for you... **BOK CHOY**

*Bok choy is a good source of vitamin C. This vitamin helps the normal functioning of the body's immune system. Bok choy provides us with some calcium (important for strong bones) and also iron (used to make red blood cells). The darker leaves of bok choy provide beta carotene, which the body converts to vitamin A. This vitamin helps the body's immune system defend itself against infection and is also important for normal vision.*

