

Tofu & Autumn Vegetable Stir-Fry with Peanut Sauce

Serves 2

Ingredients

- 55 g natural peanut butter (unsweetened) (Stir before measuring)
- 24 ml rice vinegar
- 15 ml low-sodium soy sauce or Kevala coconut aminos
- 8 g brown sugar (or honey for a lighter note)
- 1 tsp Sriracha or chili paste (Adjust to taste)
- 200 g momen tofu (Drain well, pat dry, cut into 2 cm cubes)
- 2 tsp Canola oil, divided,
- 10 g ginger, fresh, grated
- 6 g (2 cloves) garlic, minced
- 30 ml (2 T) water, plus more as needed
- 0.8 g salt + 0.2 g MSG ($\approx \frac{1}{8}$ tsp total) salt + MSG blend
- 15 g peanuts, unsalted and roasted (Coarsely chopped)
- 300 g cooked brown rice



Recommended Fall Vegetables

- 80 g komatsuna (Japanese mustard spinach) (Cut into 5 cm lengths; adds color and mild bitterness)
- 60 g carrot (Thinly sliced or julienned; adds sweetness and texture)
- 60 g red bell pepper (Thin strips; bright color and freshness)
- 40 g (2 large) shiitake mushrooms (Sliced; adds umami)
- 60 g snow peas (Trim ends; retain crisp texture)

Instructions

1. Whisk **peanut butter**, **rice vinegar**, **soy sauce (or coconut aminos)**, **brown sugar**, and **Sriracha** until smooth. Add **1–2 T warm water** if too thick. Set aside.
2. Drain **tofu** well and pat dry. Cut into cubes (≈ 2 cm). Heat **1 tsp oil** in a nonstick skillet over **medium-high heat**. Cook tofu **3–4 minutes per side** until golden. Transfer to plate.
3. In the same pan, add **1 tsp oil**. Add **ginger** and **garlic**; sauté **30 seconds** until fragrant.
4. Add **all vegetables except snow peas**; stir-fry **2–3 minutes**.
5. Add **snow peas** and **2 T water**, cover, and steam lightly for **2 minutes** until crisp-tender.
6. Push vegetables to edges of the pan. Add **peanut sauce** to the center and cook **30 seconds**, stirring.
7. Toss everything together with **tofu**. Add a splash of **water** for creamier texture if needed.
8. Spoon over warm brown rice and sprinkle each portion with chopped peanuts.

Nutrition

Per Serving: Kcal: 465 / Protein: 20.4g / Fat: 22.6g / Sat Fat: 3.8g / Carbs: 45g / Sugars: 8.7g / Fiber: 7.5g / Sodium: 480mg / Omega-3: 0.11g

Total Dish (2 servings): Kcal: 930 / Protein: 40.8g / Fat: 45.2g / Sat Fat: 7.6g / Carbs: 90g / Sugars: 17.4g / Fiber: 15g / Sodium: 960mg / Omega-3: 0.22g

Notes

- Add **kabocha** pumpkin (cubed, pre-steamed) for sweetness, or **broccoli** florets (blanched) for crunch.
- A squeeze of **lime** or **yuzu** juice at the end brightens the sauce.
- Pat tofu thoroughly — excess moisture prevents browning.
- Peanut sauce keeps 3–4 days refrigerated; stir before use.
- Add **chili flakes** or a few drops of **sesame oil** for a warmer finish.