

# VEGAN MEALS FOR £1

## Tofu and Veggie Stir Fry

Serves: 4

Approx. cost per portion: 81p

### Ingredients

- 2 tbsp oil
- 1 block of firm tofu (drained, chopped into cubes)
- 1 garlic clove (peeled and crushed)
- 1 medium onion (peeled and sliced)
- 200g frozen mixed vegetables
- 200g mushrooms (sliced)
- 3 tbsp soy sauce
- 1 spring onion (chopped)



### Method

1. Heat the oil in a large frying pan or wok.
2. Fry the tofu until golden brown, and then remove from the pan and place on a sheet of kitchen roll.
3. In the same pan, add the onion, garlic, frozen vegetables and mushrooms, and fry for 10-15 minutes, adding 2 tbsp's of soy sauce half way through.
4. Add the tofu back to the pan, the final tbsp soy sauce, mix thoroughly and top with the spring onion, serve with rice or noodles.



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