



LEMON & GINGER TOFU STIR FRY

Ingredients

2 tablespoons sesame oil
300g firm tofu, cut into chunks
2 x portions rice noodles
2 cloves garlic, crushed
1 red or green chilli, diced
3 spring onions, sliced
3cm piece ginger, peeled and finely chopped
100g mushrooms, sliced
100g sugar snap peas or mangetout
75g baby sweetcorn
1 tablespoon honey or maple syrup
Juice of 1 lemon
4 tablespoons tamari or soy sauce
2 tablespoons Mr Fitzpatrick's Lemon & Ginger cordial
Fresh coriander

How to

1. Preheat the oven to 180 degrees C. Toss the tofu chunks in 1 tablespoon of the sesame oil to coat, tip onto a lined baking tray and bake for 20 minutes.
2. Meanwhile cook the noodles according to packet instructions.
3. Heat the remaining oil in a large pan or wok and throw in the garlic, chilli, onions, ginger and mushrooms and cook for 5 minutes.
4. Add in the sugar snap peas and baby sweetcorn and continue cooking for 3-4 minutes.
5. Add the cooked (drained) noodles plus the lemon juice, honey or maple syrup, tamari or soy sauce and cordial and cook for a further couple of minutes to allow everything to heat through and combine.
6. Top with coriander and serve between two plates or bowls with the baked tofu chunks on top!