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Heart-healthy eating with Marketa Schellenberg

STIR FRY WITH SMOKED TOFU



• We wish you bon appetit! •

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FRUITY VEGETABLE STIR FRY WITH SMOKED TOFU

(vegan, lactose free, gluten free)

Serves 4

Ingredients

350 grams	smoked tofu	5 grams	garlic
40 ml	dark gluten-free soy sauce	10 grams	turmeric
40 ml	rapeseed oil for frying	10 grams	salt
100 grams	yellow and red paprika, cut into strips	1 dash	pepper
100 grams	zucchini, cut into strips	200 ml	coconut milk
100 grams	green beans, chopped into pieces	200 ml	vegetable juice
100 grams	broccoli florets	1 pinch	sambal oelek
200 grams	mango, peeled and cubed	10 grams	freshly grated ginger
100 grams	beetroot, pre-cooked and cubed	1 pinch	cumin
		1 pinch	sugar
		1 tsp	vinegar
		1 bunch	fresh cilantro

To prepare the stir fry

Slice smoked tofu into strips and marinate in the dark soy sauce. Wash vegetables and cut them into large pieces. Heat the wok without oil, adding the rapeseed oil when ready to begin frying. Quickly fry tofu in the wok, and then remove and set aside.

Add remaining rapeseed oil to the wok. Add all vegetables apart from the mango and beetroot. Stir vigorously. After two minutes, add cubed mango, cubed beetroot, chopped garlic and turmeric.

Once the vegetables have browned slightly, add coconut milk and vegetable juice and stir. Season with salt and pepper. Top with strips of tofu. Season to taste with freshly chopped cilantro, grated ginger, cumin, sambal oelek, a pinch of sugar and some vinegar.

The health factor

This vegan, lactose-free and gluten-free main dish is stir-fried in the wok, which helps preserve nutrients. The combination of vegetables, tofu and legumes creates an excellent mix of carbohydrates that is rich in fiber and plant protein. The combination of turmeric, ginger, cumin and cilantro spices has an anti-bacterial effect and helps promote digestion.

Tofu, which is a traditional method of preparing soy, is rich in protein, minerals such as calcium and phosphorus, and trace elements such as copper and manganese. The brightly colored range of vegetables can be varied according to season to create a fresh and varied main dish. The stir-fry is vegan, lactose free and gluten free. Contains soy.