

# SATAY TOFU



Serves 4 | Prep time: 15 mins

Cook time: 15 mins

## INGREDIENTS

2/3 cup smooth peanut butter  
1 tbsp peanut oil  
1 garlic clove, crushed  
1 long red chilli, deseeded and chopped (optional)  
¼ tsp ground cumin  
½ cup light coconut milk  
1/3 cup water  
½ tbsp soy sauce  
1 tbsp kecap manis  
1 tbsp peanut oil  
1 brown onion, chopped  
1 tbsp ginger, finely chopped  
1 garlic clove, finely chopped  
1 medium carrot, peeled and diced  
1 capsicum, diced  
1 bunch broccolini, cut into thirds  
1 zucchini, halved and sliced  
500g firm tofu, cut into 1cm cubes  
400g wholegrain noodles, cooked  
½ cup bean sprouts, rinsed and drained  
Crushed peanuts and chopped spring onions to serve

## METHOD

1. Combine coconut milk, peanut butter, garlic, chilli, cumin, water, soy sauce and kecap manis in a mixing bowl. Set aside.
2. Heat oil in a wok. Fry onion, ginger and garlic over medium-high heat for 1 minute. Add vegetables and satay sauce and cook for 5 minutes.
3. Add tofu and noodles and coat well with the sauce. Turn heat down to a gentle simmer and cook for a further 2-3 minutes.
4. Gently stir through bean sprouts prior to serving.

Garnish with crushed peanuts and spring onions.



THE NUTRITION GUY



## NUTRITION TIP

Soy is packed full of nutrients, including protein, iron, potassium and magnesium. There's also plenty of research showing that soy can help to reduce cholesterol.