

# Sweet and Sour tofu



## Ingredients

- 1 pack of tofu drained in kitchen paper towel and pressed for few mins. Cut in cubes
- 1/4 teaspoon salt
- 2 bell peppers. Remove stems and seeds and cube. Choose multiple colored peppers.
- 1 Red Onion cut into chunks
- Broccoli florets
- 1 tablespoon ginger minced
- 1 tablespoon garlic minced
- Red chilly paste - Dissolve 1 tbsp red powder in 1 tbsp spring water. Put 1/2 tsp mustard seeds and sea salt. Mix well. Leave overnight on counter. We will use 1 tbsp of this paste
- 2 tbsp ketchup
- 1 tbsp honey
- Green onions chopped
- Salt to taste
- 3 tbsp oil
- 3 tbsp corn starch
- 1 tbsp soya sauce
- 1 tbsp vinegar

## Preparation:

Pls complete Step 1 before the class, rest we will do together.

1. Coat the tofu in 2 tbsp corn starch , salt, half tsp red chilly paste, 1 tbsp oil. Mix gently. Put it in oven at 400°F for 20 to 30 mins till golden brown. Keep aside
2. In a small bowl prepare corn starch slurry by adding 1 tbsp corn starch to half cup water and mix well) . Keep aside to use later.
3. Saute ginger, garlic and white part of green onions for 30 seconds. In 2 tbsp oil
4. Add onions and saute for 1 min.
5. Add broccoli and saute for 1 minute
6. Add colored peppers and saute for a minute. Keep on stirring
7. Add 2 tbsp ketchup, 1 tbsp honey, half tsp red chilly paste, 1 tbsp soya sauce, 1 tbsp vinegar and corn starch slurry. Stir for 1min.
8. Add tofu and stir.
9. Add green onions.