

ONE BITE

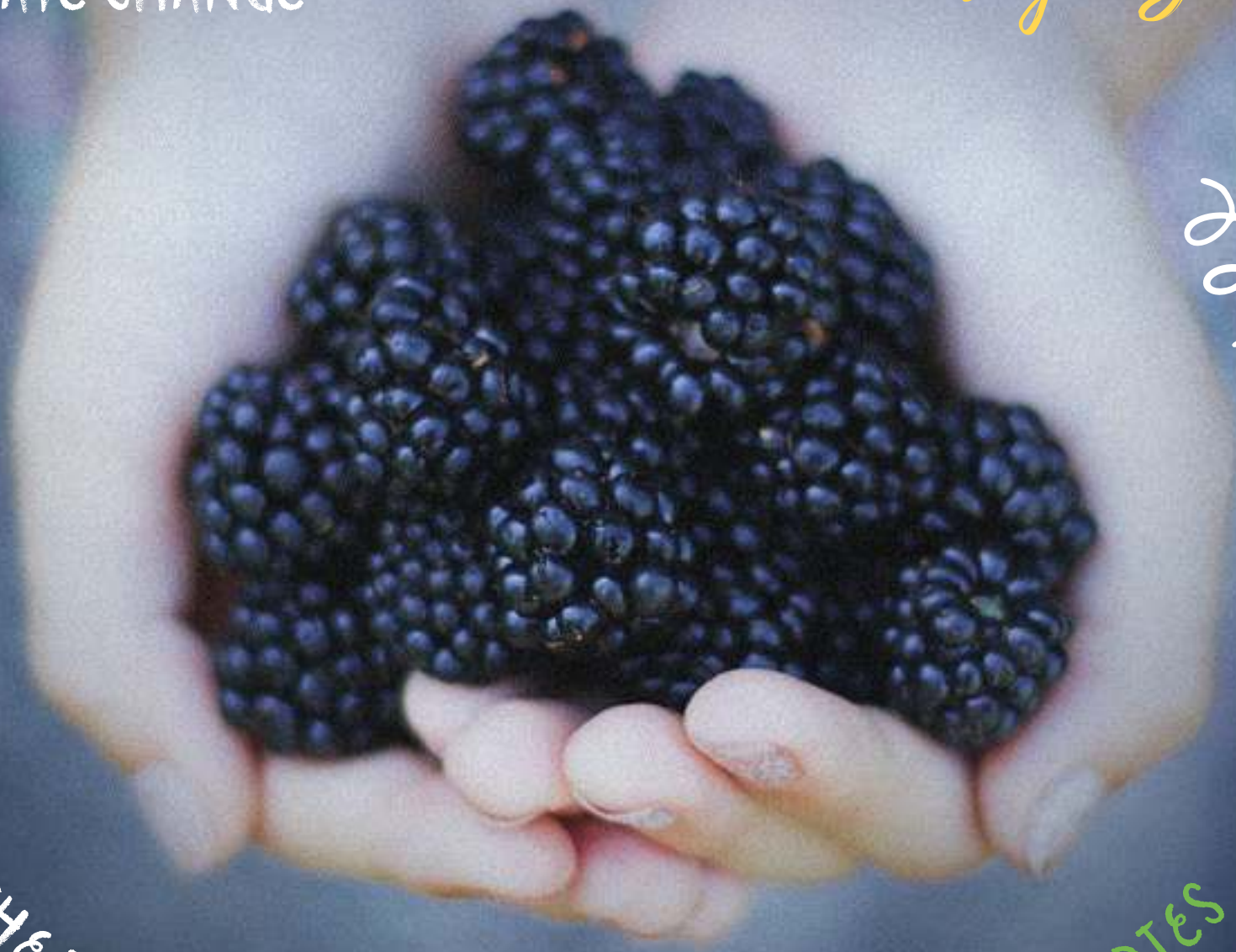
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Vegan Magazine

summit 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES

>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

TERIYAKI TOFU

By Monica Davis

This easy stir-fried Teriyaki tofu bowl is a quick and easy, healthy, flavorful meal that the whole family will love! Perfect for a quick weeknight dinner and pretty and tasty enough for a dinner party, this tofu teriyaki will impress!

PREP TIME:
20 mins

COOK TIME:
10 mins

TOTAL TIME:
30 mins

CALORIES:
419 kcal



Monica Davis

Monica is the blogger behind thehiddenveggies.com. With over 19 years of vegan cooking under her belt, her blog shares all the best recipes that will feed a hungry family. Monica's mission is to help others wanting to transition veganism by showing them that they don't have to give up their favourite comfort foods.

Website: thehiddenveggies.com

Facebook Twitter Pinterest Instagram

INGREDIENTS

- 1 cup teriyaki sauce store bought or my homemade teriyaki sauce
- 16 oz extra firm tofu or high protein tofu
- 3 cups mixed vegetables
- ½ cup soy sauce or teriyaki marinade (for marinating) (or Tamari or Bragg's liquid amino for gluten-free)
- 2 tbsp sesame oil (for frying)
- 4 cups cooked rice or noodles

INSTRUCTIONS

1. Make the homemade teriyaki sauce. (Omit this step if using store bought sauce).
2. Drain and press your extra firm tofu to get as much excess water out of it as possible.
3. Cut the tofu into ½ inch cubes.
4. Marinate the tofu in soy sauce or the teriyaki marinade for at least 15 minutes.
5. Stir fry the tofu in 1 tbsp of sesame oil on medium-high heat, flipping frequently until the tofu cubes become crispy on all sides.
6. While the tofu is cooking, wash and cut about 3 cups of any veggies that you want to add to the dish.
7. Remove the cooked tofu from the skillet, add an additional 1 tbsp of sesame oil.
8. Stir fry the veggies for about 3-5 minutes over medium-high heat until they are cooked, but not mushy.
9. Add the tofu back into the skillet with the veggies and drizzle with about 1 cup of teriyaki sauce.
10. Mix well and serve over rice or noodles.