



ASPARAGUS & TOFU STEAM FRY

Ingredients

175g Asparagus (halved)
2 cabbage leaves (shredded)
2 cups of bean sprouts
80g tofu (cut into thin lengths)
2 celery stalks (cut julienne style)
2 cups of carrots (cut julienne style)
1 red pepper (cut into lengths)
1/2 cup water

Sauce

1 cup of soya yoghurt
1 tbsp fresh chopped ginger
3 garlic cloves
1/2 juice of lemon



How to Make

Heat the 1/2 cup of water in the bottom of a wok, add the vegetables and tofu ingredients and steam until the vegetables are just soft. Drain any remaining water away. Blend the sauce ingredients together and toss into the vegetables, warm through and serve.

