

# Vegetable Stir Fry

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysian-stir-fry-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 16 ounces extra firm tofu diced
- 16 ounces mushrooms
- 2 medium zucchini
- 4 medium carrots
- 2 tablespoons ginger chopped
- 1 tablespoon sesame seeds optional
- 1/3 cup soy sauce
- 1/3 cup water
- 1/4 cup honey
- 2 tablespoons white vinegar
- 2 teaspoons corn starch

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 38 grams
3. Fat: 18 grams
4. Fiber: 7 grams
5. Protein: 25 grams
6. SaturatedFat: 2 grams
7. Sodium: 1270 milligrams
8. Sugar: 26 grams

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