

# Vegetarian Stir Fry with Crispy Orange Tofu and Edamame

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-vegan-tempura-batter-recipe>

## Ingredients:

- 14 ounces extra firm tofu block of
- 2 tablespoons vegetable oil 100% soybean oil divided
- 1/4 cup tempura batter or cornstarch
- 1 large red bell pepper thinly sliced, about 1 1/2 cups
- 1 medium yellow onion thinly sliced, about 1 1/2 cups
- 1 cup shelled edamame thawed
- 2 green onions medium, sliced for garnish, optional
- 1/2 tablespoon roasted sesame seeds for garnish, optional
- 3/4 cup orange marmalade
- 1/2 tablespoon orange zest
- 2 tablespoons low sodium soy sauce
- 1 tablespoon rice vinegar
- 2 cloves garlic minced
- 1 tablespoon ginger minced
- 1/2 teaspoon msg monosodium glutamate
- 8 ounces lo mein noodles Chinese egg noodles
- water to fill a large saucepan

## Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 92 grams
3. Cholesterol: 5 milligrams
4. Fat: 25 grams
5. Fiber: 6 grams
6. Protein: 24 grams
7. SaturatedFat: 6 grams
8. Sodium: 1870 milligrams

9. Sugar: 40 grams

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