

Spiralized Sesame Carrot Tofu Stir Fry

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 14 ounces extra firm tofu block of
- 3 large carrots or 5 medium, scrubbed, tops and thin ends trimmed
- 2 tablespoons grapeseed oil or canola oil
- 1 head broccoli florets chopped
- 1/3 cup low sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon fresh ginger minced
- 1 tablespoon minced garlic about 3 cloves
- 2 teaspoons toasted sesame oil
- 2 teaspoons honey
- 1/4 teaspoon crushed red pepper flakes plus additional to taste
- 2 tablespoons toasted sesame seeds for garnish, optional

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 16 grams
3. Fat: 20 grams
4. Fiber: 4 grams
5. Protein: 18 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 760 milligrams
8. Sugar: 6 grams

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