

Spinach and Tofu Stir Fry

(Serves 2)

Ingredients

- 2 tbsp Olive Oil
- 3 tbsp Ground Nut Oil
- 160g Tofu pieces
- 50g Thin asparagus spears, trimmed and halved lengthways
- 40g Sugar snap peas, cut in half diagonally
- 50g baby leaf spinach, roughly chopped
- 2 tbsp light soy sauce
- 6 spring onions, chopped
- 5cm root ginger, peeled and grated
- 1 red chilli, finely chopped
- Juice 1 lime
- 1tsp Chinese five spice

Method

- Prepare all the ingredients and have them close to hand to ensure quick cooking.
- Whip out your wok, load it with the oil and heat.
- Fry the tofu and then add in the asparagus and sugar snap peas. Stir fry for a further minute.

- Add the five spice, ginger, garlic, chilli, soy, spring onions and spinach and 2 tbsp water. Stir fry for 2 minutes
- Squeeze in lime juice, season to taste and serve immediately.
- Serve



A_S_Nutrition



Absolute Sports Nutrition



info@absolutesportsnutrition.co.uk