

Tofu Stir-Fry with Broccoli, Carrots & Sesame

Prep Time: 10 minutes | **Cook Time:** 12 minutes | **Servings:** 2

Ingredients:

- 1 block firm tofu (cubed)
- 1 cup broccoli florets
- 1 carrot (sliced thin)
- 2 tbsp soy sauce (low-sodium)
- 1 tbsp sesame oil
- 1 tsp garlic (minced)
- 1 tsp sesame seeds

Steps:

1. Heat sesame oil in a pan, sauté garlic.
2. Add tofu cubes, cook until golden on all sides.
3. Add broccoli and carrot, stir-fry for 5–7 minutes.
4. Add soy sauce, stir well, sprinkle sesame seeds.

Nutrition (approx):

- Calories: 350
- Protein: 22g
- Carbs: 18g
- Fat: 22g
- Fiber: 6g

Tips:

- Serve with brown rice or quinoa for extra energy.
- Use tamari for a gluten-free version.