

**UVA Teaching Kitchen Cooking Class**  
**Crispy Tofu and Spring Vegetables Stir-Fry**

*Makes:* Four 2-cup servings

*Time:* 60 minutes (30 minutes prep, 30 minutes cook)

*Equipment:* large skillet, stovetop, sheet pan, oven with a broil setting, bowl, knife or microplane, parchment paper

*Adapted from:* <https://www.tasteslovely.com/best-stir-fry-sauce/> and Carolyn Lois

*Storage:* Keep refrigerated in an airtight container for up to 1 week

Ingredients

*For the sauce:*

½ cup tamari

½ cup vegetable stock

2 tbsp fresh chopped ginger

2 cloves garlic, grated or finely chopped

1 Tbsp cornstarch

1 Tbsp honey

1 tsp sesame seed oil

1 tsp rice vinegar

*For the stir-fry:*

2 Tbsp vegetable oil

1 12-14 oz package of tofu

1 bunch of asparagus, stalks chopped in thirds

8 oz (½ lb) sugar snap peas

1 bunch of scallions, chopped

Kosher salt to taste

½ uncooked rice (makes 1 cup)

Directions

1. Pat tofu dry with paper towels. Slice tofu into 1-inch strips.
2. Arrange tofu on sheet pan with parchment paper. Place in oven set to broil (500°F) for 15-20 minutes or until tops are brown and crispy. Remove from oven and flip tofu, then broil for another 5-10 minutes or until brown.
3. Combine the stir-fry sauce ingredients in a small bowl. Set aside.
4. In a large bowl, toss together sugar snap peas, asparagus, and three-fourths of scallions.
5. In a large skillet, heat 2 tbsp oil over medium-high heat. Add vegetable mixture, shaking skillet often to ensure even cooking, until asparagus is tender but retains a hint of crunch, about 3 minutes. Return vegetables to bowl.
6. Add the tofu and sauce into skillet. Allow sauce to bubble and thicken, then remove.

7. Assemble vegetables and the tofu-sauce mixture in a bowl and garnish with scallions. Serve with rice (cooked according to package directions). Enjoy!