

## TASTE WITHOUT WASTE

### Sweet & Sour Tofu

Serves 4 – 6

#### Ingredients

440g can pineapple pieces (in juice)  
3 tbsp mirin  
2 tbsp tomato sauce  
2 tbsp soy sauce  
200g firm tofu, cut into 1.5cm dice  
2 tbsp brown rice flour  
2 tsp cornflour  
1 tbsp sesame oil  
1 onion, halved & thinly sliced  
1 tbsp crushed garlic  
1 tbsp fresh ginger, finely grated  
½ medium sized green chilli, deseeded & finely chopped  
1 large red capsicum, deseeded & cut into 1.5x4cm strips  
150g button mushrooms, quartered  
100g broccoli, cut into small florets  
100g snow peas, trimmed and cut into 5cm long pieces

#### Method

Drain pineapple and set aside, placing ¼ cup of the juice in a bowl. Whisk the juice with the mirin, tomato sauce, soy sauce and sugar until smooth.

In a freezer bag, toss the diced tofu with the rice flour until evenly coated. Transfer the tofu to a large bowl and toss with 3 tbsp of the marinade. Cover and leave to rest for thirty minutes (or longer), turning the tofu once in a while. Whisk the cornflour into the remaining marinade until smooth. Set aside.

Heat the sesame oil in a wok over a medium-high heat. Drain the tofu and transfer any remaining marinade to the bowl of reserved sauce. Add the tofu to the wok and cook, stirring and turning the pieces regularly until browned on all sides. This may take about five minutes. Remove and set on kitchen paper to drain.

Place the onion in the wok and cook 2-3 minutes until beginning to soften. Reduce the heat and add the ginger, garlic and chilli. Cook, stirring constantly, for a minute. Increase the heat to medium-high and throw in the capsicum, mushrooms and broccoli, along with 1 tbsp water. Cook, covered, for five minutes. Stir occasionally to prevent sticking. Add the snowpeas, stir well and cook for a minute.

Now pour in the marinade and cook, stirring, for thirty seconds or until beginning to thicken. Finally, add the tofu and pineapple and cook for three minutes or until heated through.

Serve with rice, noodles or as a stand-alone dish.

Source: Inspired by [Eating Well](#)

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