

Asian Stir-Fry



This Asian stir-fry is one of those quick dishes that effortlessly wows! The crunch of cabbage and peppers, the richness of sesame-coated tofu, and the umami of hoisin-soy sauce create a simple yet irresistible flavor combination. With a light and refreshing vinaigrette, this dish is perfect for those nights when you want to eat well without spending hours in the kitchen. It's colorful, filling, and seriously satisfying—a must-try to bring a little travel to your plate!

Preparation 15 min

Cooking 25 min

Servings 4

Nutrition Facts (per serving)

Calories 420

Fat 18

Carbohydrates 40

Fibre 10

Protein 25

Sodium 830

Ingredients

- ½ cabbage, thinly sliced

- 30 ml (2 tbsp) rice vinegar
- 30 ml (2 tbsp) sesame oil
- 30 ml (2 tbsp) water
- Salt, to taste
- 100 g (~3 oz) of brown rice vermicelli
- 2 red bell peppers, sliced
- 2 green onions, finely sliced, greens and whites separated
- 3-4 garlic cloves, minced
- 800 g (2 blocks) of firm or extra-firm firm, cut into 1.5-2 inch cubes
- 45 ml (3 tbsp) Hoisin sauce
- 30 ml (2 tbsp) reduced sodium soy sauce
- 5 ml (1 tsp) fresh ginger
- 1 ml (¼ tsp) cayenne powder
- 30 ml (2 tbsp) sesame seeds

Sauce :

- 15 ml (1 tbsp) rice vinegar
- 15 ml (1 tbsp) soy sauce
- 5 ml (1 tsp) chopped garlic

- 5 ml (1 tsp) honey
- 3 ml (½ tsp) ground ginger
- 30 ml (2 tbsp) water

Preparation

1. In a large pan, cook the cabbage with rice vinegar, 15 ml (1 tbsp) sesame oil, water, and salt for about 7 minutes over medium heat, stirring occasionally. Set aside.
2. In the same over medium heat, sauté 1 tbsp sesame oil, and bell peppers for approximately 3-4 minutes. Remove bell peppers and set aside.
3. Add the garlic and green onion whites to the pan, keep cooking for 1 minute. Add tofu and sauté for another 1-2 minutes.
4. Add hoisin sauce, soy sauce, ginger, and cayenne to the pan. Cook tofu for 5 minutes, flip, and cook for an additional 5 minutes. Set aside.
5. In the meantime, in a medium pot, bring water to a boil. Cook vermicelli for 1 minute, then drain.
6. Make the vinaigrette, and set aside
7. Toss together the cabbage, bell peppers, vermicelli, and sauce. Top with tofu, green onion greens, and sesame seeds.

Notes

Keeps for 3-5 days in an airtight container in the fridge.



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