

Peanut Chicken Stir-Fry with Vegetables and Shredded Tofu



One of my favorite dishes for a simple and nourishing meal: crunchy vegetables, shredded tofu combined with tender chicken, and a creamy peanut sauce. Top it off with a whole grain for a complete and satisfying meal!

This recipe is very versatile! You can replace the chicken with shrimp, tempeh, or simply double the amount of tofu.

Preparation 15 min

Cooking 30 min

Servings 8

Nutrition Facts (per serving)

Calories 230

Fat 11

Carbohydrates 12

Fibre 4

Protein 22

Sodium 414

Ingredients

- 10 mL (2 tsp) olive oil
- 1 yellow onion, finely chopped
- 1 clove garlic, finely chopped

- 350 g (¾ lb) chicken breast, cubed
- 454 g (1 block) extra-firm tofu, shredded
- 1 bag (675 g) frozen mixed vegetables (peppers, onions, zucchini, mushrooms)
- ½ eggplant, diced
- 250 mL (1 cup) cabbage, shredded

For the sauce

- 60 mL (¼ cup) reduced-sodium soy sauce
- 60 mL (¼ cup) natural peanut butter
- 15 mL (1 tbsp) maple syrup (or honey)
- 2.5 mL (½ tsp) smoked paprika
- 2.5 mL (½ tsp) fish sauce

Preparation

1. In a large non-stick skillet (or wok) over medium-high heat, heat the oil. Add the onion, garlic and ginger, cook for 2-3 minutes.
2. Add the chicken to the skillet and cook until golden brown and no longer pink inside, about 5-7 minutes.
3. Meanwhile, in a small bowl, mix the sauce ingredients. Set aside.
4. Fold in the shredded tofu, frozen (or fresh) vegetables, eggplant and cabbage. Continue cooking for 10 minutes, stirring regularly.
5. Pour the sauce into the skillet. Reduce the heat to low and toss to coat the vegetables and protein. Simmer for 5 to 10 minutes, until sauce thickens slightly and all ingredients are well coated*.
6. Serve immediately with your favourite starchy food, such as quinoa, pasta or brown rice.

Notes

Store in an airtight container for 3 days in the refrigerator or in the freezer for 3 months.

*If sauce is not thickened enough when finished cooking, mix 15 mL (1 tbsp) cornstarch with a little cold water. Add this mixture to the hot pan and stir until thickened.



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