

Chinese-style asparagus



For 2-3 servings:

200 g tofu, diced

200 g green asparagus, cut in pieces of 3-4 cm long

1 onion, chopped

1 red bell pepper, chopped

2 green onions, chopped

2 tablespoons sesame seeds

1 tablespoon sesame oil

For the marinade:

3-4 tablespoons soy sauce

4 cm grated ginger (or 1 tablespoon ginger powder)

2 tsp. coriander powder

chilli flakes, to taste

5-6 garlic cloves, minced

pepper, to taste

Mix all the ingredients for the marinade. Pour over the tofu pieces, mix well and leave to marinate in the refrigerator for at least an hour.

Heat the sesame oil in a wok, add the onion and the tofu and stir fry for about 2-3 minutes on high heat. Add the asparagus and the bell pepper, stir fry for further 3-4 minutes. At the end add the green onions and the sesame seeds. Mix

everything and continue to stir fry for another 2-3 minutes.
If needed add more soy sauce to taste.

Serve plain or with boiled rice.