

# Five-Spice Tofu Stir-Fry

Cook Time: 30 minutes    Serves: 4

## Ingredients:

- 2 c. Quinoa
- 4 c. water
- ½ c. vegetable broth
- 2 tbsp vegetarian oyster sauce
- 1 tbsp arrowroot
- 1 tbsp soy sauce
- 1 tbsp brown sugar
- ½ c. water
- 1 pkg medium firm organic tofu, drained
- ½ tsp five-spice powder
- 2 tbsp grapeseed oil
- 3 cloves garlic, thinly sliced
- ¼ tsp hot pepper flakes
- 1 lb baby bok choy, chopped
- 8 oz shitake mushrooms, stemmed and halved

## Instructions:

Step 1: Combine quinoa and water in saucepan and bring to a boil, stirring occasionally. Simmer on low heat for 20 minutes.

Step 2: Whisk together broth, oyster sauce, arrowroot, soy sauce, sugar and ½ c. water.

Step 3: Cut tofu into 1-inch cubes; gently toss with five-spice powder. In wok, heat half of the oil over med-high heat; stir-fry tofu until golden, about 4 minutes. Transfer to paper towel-lined plate.

Step 4: Heat remaining oil over med-high heat; stir-fry garlic and hot pepper flakes for 30 seconds. Add bok choy and mushrooms; stir-fry for 3 minutes.

Step 5: Stir in tofu and broth mixture; bring to boil. Reduce heat and simmer, covered, until sauce is thickened and vegetables are softened, about 3 minutes.