

D'CACTUS REZEPT VUN DER WOCH



**TOFU AU MIEL
ET SÉSAME
SUR LÉGUMES CROQUANTS
AVEC**



HONEY AND SESAME TOFU CUBES ON A BED OF BABY VEGETABLES

PREPARATION TIME: 25 MINS

COOKING TIME: 15 MINS

LEVEL OF DIFFICULTY: EASY

INGREDIENTS FOR 2 PEOPLE :

400 g Natural TAIFUN tofu

4 tbsp honey

500 g vegetables (baby carrots, snow peas, cherry tomatoes, kohlrabi, broccoli, leek)

6 tbsp sesame oil

100 ml vegetable stock

1/2 bunch of fresh parsley

Sesame

Salt

Black pepper

INSTRUCTIONS :

Cut the vegetables into small pieces and chop the parsley.

Heat a wok and add 4 tbsp sesame oil, add the vegetables and cook, stirring, until soft but still firm. Season with salt and pepper and pour over the vegetable stock. Cut the tofu into cubes, coat in honey and then roll in the sesame seeds.

Heat the rest of the sesame oil and fry the tofu cubes in it until golden-brown. Arrange the vegetables on serving plates. Add the tomatoes to the vegetables. Sprinkle over the fried tofu cubes and garnish with fresh parsley.

You can add a chilli for extra spiciness.

Coconut rice makes a very good accompaniment to this.