

Allégro



4%
MILK FAT +
PROTEIN
+ **CALCIUM**

VEGETABLE AND TOFU STIR-FRY WITH PEANUTS, LEMON, AND ALLÉGRO 4% HERBS & SPICES CHEESE



- + 15 ml (1 tbs) of vegetable oil
- + 500 ml (2 cups) of your choice of fresh vegetables (peas, bean sprouts, cherry tomatoes, broccoli, cauliflower, etc.), cut into thin strips or small florets
- + 125 ml (1/2 cup) of tofu, cubed
- + 15 ml (1 tbs) of ginger, finely chopped
- + Juice of 1 lemon
- + 60 ml (1/4 cup) of unsalted peanuts, crushed
- + 125 ml (1/2 cup) of Allégro 4% Herbs & Spices cheese, cut into small cubes
- + Salt and pepper to taste

In a wok, heat the oil over high heat. Add the vegetables and the tofu, and sauté for 3 minutes, stirring constantly. Reduce heat to medium. Add the ginger and the lemon juice. Continue cooking for 1 minute, and then add the peanuts and the Allégro 4% Herbs & Spices cheese. Season lightly with salt and pepper. Continue stir-frying for 30 seconds. Serve immediately.

Serving suggestion: Serve over jasmine rice garnished with coriander leaves.

Nutri-note: This recipe combines the heart health benefits of soy protein and peanuts with the tasty herbs and spices of Allégro cheese. It cooks in less than 5 minutes and tastes superb the next day for lunch too!

Source of iron
Good source of calcium and vitamin C

Preparation time: 15 minutes
Cooking time: 4 1/2 minutes
Number of portions: 4