

Lean & Green

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GARLIC-BLACK PEPPER TOFU WITH NAPA CABBAGE

No. of servings: 4

Per serving: 1 lean | 3 green | 3 condiments

Total Time: 30 minutes

Cuisine: Chinese

Contains: Fish, Soy

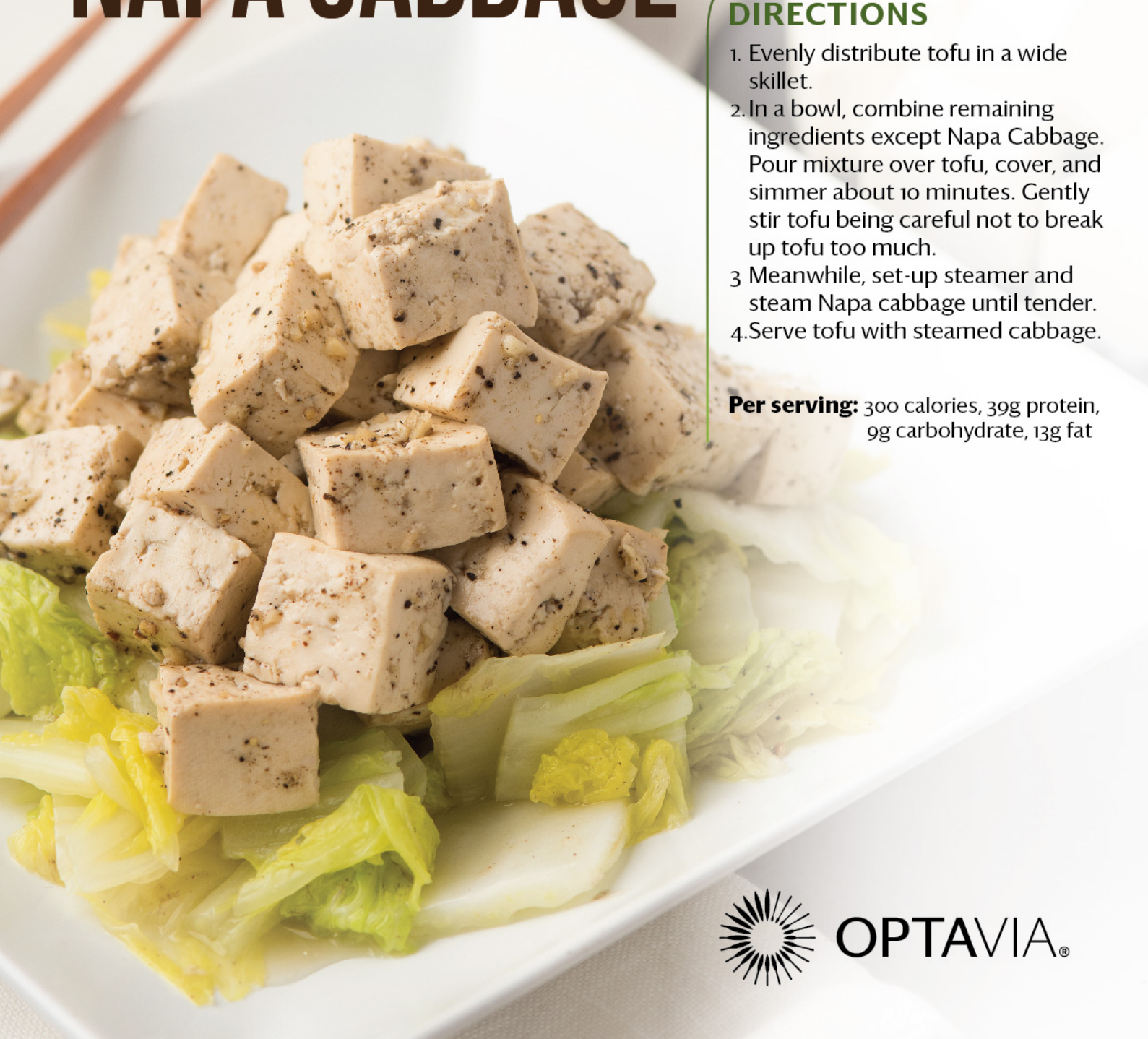
INGREDIENTS

1.5kg tofu, diced into 2 cm pieces
8 cloves garlic, minced
2 tbsp fish sauce
¼ cup (60mL) water
1 tbsp black pepper
900g Napa cabbage(Wong Bok),
cut into 5 cm
bite-sized pieces (should yield
about 6 cups)

DIRECTIONS

1. Evenly distribute tofu in a wide skillet.
2. In a bowl, combine remaining ingredients except Napa Cabbage. Pour mixture over tofu, cover, and simmer about 10 minutes. Gently stir tofu being careful not to break up tofu too much.
3. Meanwhile, set-up steamer and steam Napa cabbage until tender.
4. Serve tofu with steamed cabbage.

Per serving: 300 calories, 39g protein,
9g carbohydrate, 13g fat



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