

10-Minute Veggie Champuru

Swick

Makes 3 servings | Active Time: 25 minutes | Total Time: 25 minutes

Making the Champuru

Heat oil in a sauté pan over medium heat and stir-fry tofu for about 2 minutes until lightly browned. Remove tofu from pan.

Add garlic, carrots, stems of greens, and stir-fry for 2 minutes.

Add green leaves and sprouts and browned tofu to pan. Stir-fry to combine for 2 more minutes.

Add soy sauce and stir to coat.

Step 1: Making the Champuru

- 1 tablespoon sesame oil
- 1 pound tofu, drained and cut into 1-inch cubes
- 1 clove garlic, minced
- 1 carrot, julienned
- 1 bunch greens, chopped stems and leaves divided (spinach, kale, or broccoli are all good options)
- 1 cup bean sprouts
- 1 tablespoon soy sauce