

Stir-Fried Green Beans, Plum Cherry Tomatoes and Tofu

Ingredients

1 medium onion
800 gr. green beans
500 gr. plum cherry tomatoes
4 garlic cloves
1 tofu cube
2 tablespoons of Dijon mustard
1 tablespoon of honey
3 tablespoons of olive oil
Salt and pepper
1 wok



Preparation

- Chop the onion.
- Cut the green beans in two (or buy frozen and already cut).
- Slice the plum cherry tomatoes in two (vertically).
- Cut the tofu into little cubes.
- Warm up the wok and pour the olive oil in.
- Add the onions and stir until they are golden, then add the press garlic and keep stirring.
- Pour the green beans into the wok and stir with the onions and garlic for about 5 minutes. Stir every couple of minutes.
- Add the slices tomatoes and tofu. Stir...
- Add the mustard and honey, salt and pepper and let in cook for another 5 minutes and of course, stir every minute or so.

I try to avoid soy sauce so I don't put any, but you can.

I also add chili powder to make the whole thing spicy.

Can be served as is, with noodles or rice.

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