



TANGY STIR-FRY

HEAT LEVEL 🔥🔥🔥

Experience the vibrant flavors of our Tangy Stir-Fry - a zesty blend of crisp vegetables and tender protein, creating a quick and satisfying dish bursting with tangy goodness.

20 Mins

4 Servings

INGREDIENTS

30 ml (2 Tbsp) cooking oil
280g tofu, cut into cubes
10 ml (2 tsp) Spur Durky Sauce
15 ml (1 Tbsp) sesame seeds
2 leeks, sliced or 1 small onion, finely chopped
2 red or green peppers, deseeded and cut into strips
100g fresh spinach or kale leaves, coarsely chopped
125g button mushrooms, sliced
440g can pineapple pieces, drained and juice reserved
3ml (½ tsp) Spur Lemon & Peri Peri Spice
Freshly ground black pepper to taste

Sauce

5 ml (1 tsp) chopped fresh ginger root or 2 ml (½ tsp) ground
15 ml (1 Tbsp) light brown sugar
30 ml (2 Tbsp) red wine vinegar
80 ml (1/3 cup) pineapple juice from can
80 ml (1/3 cup) Spur Sweet 'n Sticky Marinade
30 ml (2 Tbsp) sherry or port (optional)
5 ml (1 tsp) soy sauce
5 ml (1 tsp) cornflour

VARIATIONS

- 1 Start the stir-fry by frying 450g chicken, pork or beef strips.
- 2 Add or substitute any other vegetables of choice, such as broccoli, baby marrows and cabbage.
- 3 Add 60g pasta or noodles of choice.

METHOD

- 1 Heat half of oil in a heavy-based pan or wok. Add the tofu, Spur Durky Sauce and sesame seeds. Gently fry until light brown, remove tofu from pan and set aside.
- 2 Heat the remaining oil in pan. Add all the remaining ingredients and fry for about 2 minutes until starting to soften.
- 3 Sauce: Mix all the ingredients together and pour over vegetables in the pan. Stir-fry for a few minutes. Spoon in a serving dish and top with tofu.

