

Gluten-Free Broccoli and Tofu Crispy Stir-Fry

Ingredients

For the Sauce:

- 2 tablespoons of orange juice.
- 2 tablespoons of low-sodium soy sauce.

For the tofu:

- 1 block (15 oz.) of extra firm tofu.
- 1 large egg.
- ¾ cups LAY'S® Classic Potato Chips
- 2 tablespoons of cornstarch.
- 1 tablespoon of canola oil.
- ½ teaspoon of black pepper.

For the broccoli:

- 2 cups broccoli, chopped.
- 2 tablespoons water.
- 2 minced garlic cloves.

How to make it

1. Slice tofu into 1.5 inch cubes. Line on top of paper towel or dish towel lined pan with more towels on top. Let sit 15 minutes.
2. Make a line of three bowls: cornstarch in the first, whisked egg in the second, and crushed potato chips and black pepper in third.
3. Coat tofu in cornstarch, egg and chips. Set aside. Coat all tofu.
4. Heat canola oil in wok or large skillet on medium heat.
5. Add tofu and cook 4 minutes, stirring frequently until crisp. Set aside.
6. Add garlic and broccoli to pan.



PREP
TIME

-



COOK
TIME

-



TOTAL
TIME

-



SERVING

-

Made with



LAY'S® Classic Potato Chips

7. Cook 1 minute, add water and cook 4 minutes, stirring frequently until broccoli is slightly cooked.
8. Add tofu.
9. Mix orange juice and soy sauce. Add to pan. Cook 1 minute. Serve with brown rice and PEPSI®.