



Appetizing Asparagus Stir Fried With Firm Tofu

Ingredients

- 1 tbsp Cooking Oil
- 3 cloves Garlic
- 400 g Asparagus
- 100 g Carrot
- 100 g Firm Tofu
- 2 tsp MAGGI® CukupRasa™
- 0.5 tsp Cornstarch
- 0.25 cup Water

Instruction

1. Firstly, cut and peel the tough layer of the asparagus (the outer skin) away from the tender meat within the stalk. Then, cut the asparagus into 4 cm lengths.
2. Next, pour in the oil into a wok or sauce pan. Once the oil is hot, fry the tofu slices until browned.
3. When the tofu is browned, transfer to a plate and leave it aside.
4. In the same pan, fry the chopped garlic until lightly browned. Then, add carrot slices and fry on medium-high heat for another 2-3 minutes.
5. Turn to high heat and add in the asparagus. Stir-fry the asparagus for about 3 minutes, until it's bright green but still crisp.
6. Finally, stir in the tofu, season with MAGGI® CukupRasa™ and add in the thickening. Stir briefly before turning off the heat.
7. Serve this delicious stir-fry with rice and enjoy it while it's hot.

Nutrition

Carbohydrates	9.75 g
Energy	100.22 kcal
Fats	5.2 g
Protein	6.19 g

🕒 22 Minutes

⊕ 4 servings