

## SESAME TOFU STIR-FRY

75g Crazy Jack Sesame Seeds  
3 spring onions chopped  
1 yellow pepper deseeded and sliced  
2 courgettes cut into sticks  
250g Tofu, cubed  
1 red pepper deseeded and sliced  
2 large mushrooms, sliced  
1 tbsp Soy Sauce  
2 tbsp sesame oil  
1 tbsp medium Sherry  
salt & pepper.

1. Fry the sesame seeds in a dry wok until toasted, and set aside.
2. Place 1 tbsp of sesame oil in the wok and, when hot, stir fry the tofu until evenly browned. Remove with a slotted spoon and set aside.
- 3 Add remaining sesame oil and fry the vegetables for 5 minutes, stirring frequently.
4. Add the sesame seeds and tofu and heat through. Pour in the Soy Sauce and Sherry, add seasoning and serve immediately