

Peanut Ginger Stir Fry with Tofu (Easy + 30-min)

Prep: 5 minutes • Cook: 25 minutes

Crispy golden tofu and a rainbow of sautéed vegetables are tossed in a velvety peanut-ginger sauce that's creamy, tangy, and lightly spicy, then finished with crunchy peanuts. A fast, weeknight-friendly stir fry that's bold yet balanced in every bite.

Ingredients

- 16 ounces super firm tofu (drained, cut into triangles or cubes)
- as needed cooking spray (for air frying)
- 1 tablespoon, plus 1 more if pan-frying cooking oil
- to taste kosher salt
- 1 tablespoon fresh ginger (peeled and finely chopped (about 1-inch piece))
- 3-5 cloves garlic (minced)
- 3-5 green onions (sliced; white and green parts separated)
- 1 red bell pepper (thinly sliced)
- 2 carrots (thinly sliced)
- 2 small heads or 1 large head broccoli (stems peeled and finely sliced; florets cut into bite-sized pieces)
- 1/4 cup salted peanuts (chopped, for serving)
- for serving cooked rice or noodles (optional)
- 2 tablespoons soy sauce
- 2 tablespoons peanut butter
- 1 tablespoon unseasoned rice vinegar
- 1 tablespoon brown sugar (or maple syrup)
- 1-3 teaspoons sriracha (adjust to taste)
- 1/2 cup water
- 1/2 tablespoon cornstarch

Instructions

1. Prep tofu: Slice the tofu in half lengthwise, then quarter each slab and cut into triangles (or cube). Pat dry and drain well.
2. Make the sauce: In a large jar or measuring cup, whisk together soy sauce, peanut butter, rice vinegar, brown sugar (or maple syrup), sriracha, water, and cornstarch until smooth; set aside.
3. Cook tofu (pan-fry option): Heat 1 tablespoon oil in a wok or large skillet over medium heat. Add tofu and cook 5–7 minutes per side until crispy and golden. Remove, sprinkle lightly with salt, and set aside. Add 1 additional tablespoon oil

to the pan.

4. Cook tofu (air-fry option): Line air fryer basket with parchment; arrange tofu so pieces don't touch. Lightly spray with cooking spray and season with a pinch of salt; flip and repeat. Air fry at 415°F for 10–15 minutes until golden. Meanwhile, warm 1 tablespoon oil in a wok or large skillet over medium heat.

5. Aromatics: Add ginger, garlic, and the white portions of the green onions to the preheated pan; sauté 30–60 seconds until fragrant.

6. Stir fry (stems first): Add bell pepper, carrot, and broccoli stems; cook 3–5 minutes until the bell pepper is tender-crisp.

7. Add florets: Add broccoli florets and cook 2–3 minutes until bright green and just tender.

8. Combine and sauce: Return/add tofu to the pan. Pour in the peanut ginger sauce; toss to coat and cook 1–2 minutes, stirring, until the sauce thickens and glazes the tofu and vegetables.

9. Serve: Divide over cooked rice or noodles. Garnish with reserved green onion greens and chopped salted peanuts; adjust seasoning or heat with additional salt or sriracha to taste.

Tags: Vegan, Tofu, Stir Fry, Peanut, Weeknight Dinner, Gluten-Free Option
