

The Vegan Vamp

LOW CAL SAN CHOY BAU

Coming in at only 120 calories per serve, this is the perfect light dinner and lunch, fresh and healthy!



WHAT YOU NEED:

- 1/3 cup organic vegetable stock
- 2 cloves garlic, minced
- 1 large zucchini, finely chopped
- 1 230g tin water chestnuts, drained and finely chopped
- 2 Portobello mushrooms, finely chopped
- 400g tofu, finely chopped
- 1/3 cup salt reduced soy sauce
- 2 Tbs light agave syrup
- 2 Tbs sesame seeds
- 1 Tbs sesame oil
- 1 Tbs hot chilli sauce
- Iceberg lettuce, to serve

HOW YOU DO IT:

1. Add garlic and vegetable stock to a large fry pan or wok and cook until fragrant.
2. Add in zucchini, mushrooms, water chestnuts and tofu and stir through to heat.
3. Stir in soy sauce, agave, sesame seeds, sesame oil and hot chili sauce and cook for roughly 15-20 minutes, until zucchini is softened and ingredients have soaked up the sauce.
4. Serve over lettuce cups.

NUTRITION FACTS

Serving Size	1 Lettuce Cup	
Servings Per Recipe	8	
Amount Per Serving		
Calories	122	
% Daily Value*		
Total Fat	6g	10%
Saturated Fat	0g	2%
Monounsaturated Fat	2g	
Polyunsaturated Fat	1g	
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	117mg	5%
Potassium	223mg	6%
Total Carbohydrates	13g	4%
Dietary Fiber	1g	4%
Sugars	8g	
Protein	5g	11%
Vitamin A		5%
Vitamin C		4%
Calcium		13%
Iron		5%
<small>* The Percent Daily Values are based on a 2,000 calories diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate as the recipes here have not been professionally evaluated.</small>		