

TUNA AND TOFU STEW

(YIELD: 4-6 SERVINGS)



INGREDIENTS

1. 1~2 boxes silken tofu
2. 2 cans tuna
3. Some chopped ginger
4. 1~2 tablespoon honey
5. 2 tablespoon oyster sauce
6. Some salt
7. 2 teaspoon corn starch
8. Chopped green onion

PREPARATION

1. In a sauté pan, use some of the marinade oil from the canned tuna to stir fry chopped ginger followed by the tuna.
2. Pour the tofu in and add about 1/8 cup of water and oyster sauce and honey, stir evenly. Let it cook down for about 5 minutes. Add salt to taste.
3. Use corn starch to thicken and broth and garnish with green onion.