

# PRINT Coupon and Recipe!

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**Stir-fry tofu n' sauce** **Save \$1.00 Coupon**

As easy as 1,2,3



- 1 Add water and veggies
- 2 Add Stir-fry tofu n' sauce™
- 3 Stir for 3 minutes and enjoy!

Available in 4 delicious flavours: Sesame Ginger, Szechuan, Teriyaki & Curry

Valid at participating retailers. TO THE RETAILER: Sunrise Soya Foods will reimburse the full value of this coupon and specified handling fees providing you accept it from your customer on the purchase of the product specified. Applications for reimbursement received after 6 months from expiry date, as indicated below, will not be accepted. A reduction in an applicable taxes payable is included in the coupon face value. For redemption, mail to: Sunrise Soya Foods, P.O. Box 9750, Oakville, ON, L6J 0B7. Limit one coupon per purchase. Offer valued in Canada only.



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30-233 Expiry Date: Jan. 31, 2012

Sunrise Soya Foods is pleased to offer you a \$1.00 off coupon on any purchase of Sunrise Stir-fry tofu n' sauce. Simply cut the coupon on the indicated lines below and redeem at any participating retailer before January 31, 2012.

If you experience issues with the redemption of this coupon, please email to consumer-info@sunrise-soya.com.

## Curry Stir-fry Tofu with Vegetables

This recipe was tried and tested by Fit Fab Foodies. Read the blog at <http://fitfab-foodies.com>

### INGREDIENTS

- 1 pkg Stir-fry tofu n' sauce Curry
- 2 cups cut vegetables – ¼ Broccoli, ¼ Carrot, ¼ Cauliflower, ¼ Zucchini for example
- 1 tsp. canola oil
- ½ cup of water

### DIRECTIONS

1. Heat ½ cup of water and 1 tsp. canola oil in a wok on high. Add vegetables, cook until tender and until most of the water has evaporated. Add the Stir-fry tofu n' sauce Curry and continue cooking for 2 minutes or until tofu is heated through.
2. Serve on its own or on top of brown rice.

Calories: 260 Fat: 17g (Saturated Fat: 4g)  
 Carbohydrate: 17g Protein: 13g Fibre: 3g  
 Sodium: 620mg Cholesterol: 0mg  
 Calcium: 20% Iron: 15%

As per one serving size (242g)

