

Stir-fried tofu, mushrooms and bodi

Adapted from America's Test Kitchen Plant Power magazine Stir-fried tofu, shiitakes, green bean recipe

Serves 4

20 bodi pods/40 green beans pods
1 14 ounce (400 g) block firm tofu
1/3 cup corn flour/corn starch
1 small package (8 oz/230 g) mushrooms
1-inch piece fresh ginger, minced
2 garlic cloves, minced
2 tablespoons fresh chive, chopped
2 tablespoons oil
1 teaspoon sesame oil

Sauce

¾ cup water
1 tablespoon soy sauce
1 teaspoon brown sugar
2 teaspoons cornstarch
1 teaspoon sesame oil
2 tablespoons rice wine vinegar

Stir sauce ingredients together. Combine garlic, chive and ginger in a small bowl and set aside. Cut tofu into bite sized pieces, drain, pat dry and dust with corn flour. Spray oil on bottom of large frying pan and add 1 tablespoon of oil and heat to medium high. Pan fry tofu, turning until sides are browned (10-12 minutes). Drain tofu on kitchen paper. Cut bodi into 1-inch pieces and slice mushrooms. Add second tablespoon of oil to the same frying pan and heat to medium. Add bodi and mushrooms. Cover and cook for 4 minutes. Uncover and continue to cook for 3 more minutes, stirring vegetables. Push vegetables to the side of frying pan. Add 1 teaspoon of sesame oil and add the garlic/ginger/chive mixture. Cook for a few seconds then stir into vegetables. Top vegetables with tofu and stir gently. Stir the sauce, then pour over contents of frying pan, stirring until thickened. Serve immediately over rice or noodles.



Serving suggestion with side of Szechuan egg plant