



### GREEN BEANS WITH TOFU AND ROASTED PEANUTS (LOWFODMAP)

If you choose not to eat meat, or you're just looking to cut back on your consumption, you will love this Indonesian-style dish. Tofu is a high-protein plant food that is quick and easy to prepare, and tastes great.. and this slightly spicy dish contains some nice colour and crunch too.

 10 minutes 20 minutes 2 portions

## INGREDIENTS

- 1 tablespoon of sesame oil
- 220 grams of green beans, halved
- 1/2 teaspoon of chilli flakes
- 1 tablespoon of tamari
- 1 tablespoon of rice vinegar
- 1 tbsp of syrups, maple (20 g)
- 30 grams of roasted peanuts
- 280 grams of tofu

## COOKING METHOD

- 1° Drain the tofu, wrap in a kitchen towel and press gently to remove excess water. Unwrap, pat dry and slice into cubes.
- 2° Heat the sesame oil in a large pan set over a medium-high heat. Add the tofu to the pan and let it cook for a minute, before turning over. Cook until lightly browned, about 3 minutes. Add the green beans, frequently stirring for about 3-4 minutes, until the beans are crisp-tender.
- 3° In a cup, stir the tamari, vinegar and honey; then drizzle over the tofu and beans. Stir and toss to coat, then transfer to serving bowls. Sprinkle with peanuts to serve.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (298 g)	% DRI
ENERGY	99 kcal	296 kcal	15 %
PROTEIN	6 g	19 g	37 %
CARBOHYDRATE	5 g	14 g	5 %
SUGARS	3 g	10 g	11 %
FAT	6 g	19 g	27 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	15 %
FIBER	1 g	4 g	16 %
SODIUM	181 mg	540 mg	23 %