



GREEN BEANS WITH TOFU AND ROASTED PEANUTS

Vegan 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)
- 20 grams of chopped peanuts
- 280 grams of tofu
- 1 cup of rice, brown, medium-grain, cooked (195 g)

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 and serve with rice

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (390 g)	% DRI
ENERGY	97 kcal	377 kcal	19 %
FAT	4 g	17 g	27 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	139 mg	541 mg	23 %
CARBOHYDRATE	9 g	36 g	12 %
SUGARS	2 g	10 g	—
FIBER	1 g	6 g	23 %
PROTEIN	5 g	20 g	—