

## Crispy Tofu with Cashews & Snap Peas in Coconut–Ginger Sauce

Serves: 2

### FOR THE TOFU & VEGETABLES

- 1 丁 (400 g) firm or extra-firm tofu
- 1 tsp / 3 g cornstarch or 片栗粉
- 2 T / 28 g neutral oil, divided
- 200 g snap peas, trimmed
- Black pepper, to taste

### FOR THE SAUCE BASE

1 T / 15 g fresh ginger, grated  
2 cloves / 6 g garlic, grated  
150–180 ml full-fat coconut milk  
½ tsp low-sodium soy sauce  
1 tsp rice vinegar

### SWEET / FLAVOR DIRECTION (CHOOSE ONE)

- A) 1 tsp honey or brown sugar
- B) 1½ tsp hoisin sauce (omit other sweetener; reduce soy sauce if needed)
- C) ½ tsp garam masala + ½ tsp honey

### FINISH

- 30 g cashews, toasted
- 1 tsp dried mint
- ¼–½ tsp red-pepper flakes (optional)

### OPTIONAL UPGRADES

- ½ tsp toasted sesame oil (stir in at the end)
- ½ tsp lime zest instead of vinegar
- Green beans may replace snap peas (same method)

### FOR SERVING

Steamed rice or other grain

### INSTRUCTIONS

#### Tofu preparation (microwave method)

1. Slice **tofu** into 2–3 cm slabs.
2. Place on a paper-towel-lined microwave-safe plate.
3. **Microwave 2½ minutes** at **600W**, flip, then microwave **1 minute more**.
4. **Rest 2–3 minutes**, then pat very dry.
5. Tear tofu into bite-size pieces.
6. Sprinkle with **cornstarch** and **black pepper**; toss gently to coat.



## Cooking

7. Heat **1 T oil** in a wide skillet over **medium-high heat**.
8. Add **tofu** in a single layer and **cook 6–8 minutes**, turning once, until deeply golden.
9. Transfer tofu to a plate.
10. Add **½ T oil** to the pan; add **snap peas** and **cook 2–3 minutes** until blistered.
11. Transfer snap peas to a bowl.
12. Add remaining **oil** to the pan; add **ginger** and **garlic** and **cook 30 seconds** until fragrant.
13. Add **coconut milk**, **soy sauce**, **vinegar**, and chosen flavoring.
14. **Simmer 4–6 minutes** until lightly thickened.
15. Add **tofu** and **cashews**; toss gently to coat.
16. Remove from heat; stir in **dried mint**, **red-pepper flakes**, and any optional upgrades.

## Serve

17. Serve tofu with snap peas and steamed rice.

## Nutrition (per serving, approx.)

Kcal: ~500 | Protein: 30 g | Fat: 32 g | Sat. Fat: 6 g | Carbs: ~0 g | Sugars: 8 g |  
Fiber: 6 g | Sodium: 650 mg | Omega-3: negligible