

Beef, Asparagus & Tofu Stir-Fry with Cashews

牛ひき肉とアスパラガス、豆腐のカシューナッツ炒め

Serves 2



Ingredients

Protein

- 150 g lean ground beef 牛ひき肉
- 200 g firm tofu, crumbled and patted dry 木綿豆腐

Vegetables

- 250 g asparagus, trimmed and cut into 1.5 cm pieces アスパラガス
- 75 g shimeji mushrooms, separated しめじ
- 45 g scallions (3 scallions), thinly sliced 青ねぎ
- 12 g garlic (4 cloves), minced にんにく
- 15 g fresh ginger, minced しょうが

Nuts

- 30 g roasted cashews, roughly chopped カシューナッツ

Sauce

- 1 T / 18 g oyster sauce オイスターソース
- 1 T / 15 g chicken stock (½-strength) 鶏だし
- 2 tsp / 10 g low-sodium soy sauce 減塩しょうゆ
- 1 tsp / 5 g rice vinegar 米酢
- 1 tsp / 7 g honey はちみつ
- ¼ tsp / 1 g toasted sesame oil ごま油
- 1 tsp / 3 g cornstarch コーンスターチ

For Cooking

- 1 T / 15 g canola oil キャノーラ油

To Serve

- 320 g cooked brown rice (160 g per serving) 玄米

Optional Heat

- 1 tsp / 5 g Sriracha シラチャ
- or
- 5 g chopped jalapeños ハラペーニョ

Instructions

Sauce

1. In a small bowl combine:
 - **Oyster sauce**
 - **Chicken stock**
 - **Soy sauce**
 - **Rice vinegar**
 - **Honey**
 - **Sesame oil**
 - **Cornstarch**
 2. Whisk thoroughly. The cornstarch should be completely dissolved. Set aside.
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Tofu

3. Prepare the **tofu**.
 - Pat the tofu dry with paper towels.
 - Crumble into bite-sized pieces.
 - Allow to sit briefly while preparing the remaining ingredients.
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Beef

4. Heat a large skillet or wok over **medium-high heat**. Add half the canola oil ($\frac{1}{2}$ T).
 5. Add the ground beef and cook **3–4 minutes**, breaking it apart as it cooks.
 - Season lightly with **salt + MSG** and **black pepper**.
 6. Add half of the sliced **scallions** and cook **another minute**.
 7. Transfer the beef mixture to a plate. Leave any flavorful drippings in the pan.
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Cook the Tofu

8. Add the remaining $\frac{1}{2}$ T oil and cook the crumbled tofu **4–5 minutes**. Stir occasionally. Allow the tofu to dry slightly and develop light golden spots.
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Add the Vegetables

9. Add the **garlic** and **ginger** and cook approximately **30 seconds**.
 10. Add the **asparagus**, shimeji **mushrooms** and cook **2–3 minutes**.
 - The asparagus should remain crisp-tender.
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11. Add the reserved **beef** and any **accumulated juices**.
 12. Add the **cashews**. Stir to combine.
 13. Stir the sauce again. Cornstarch settles quickly.
 15. Pour into the skillet and cook approximately **1 minute**.
 - The sauce should lightly coat the ingredients.
 16. Add the remaining **scallions** and stir briefly.
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17. Divide the **brown rice** between serving bowls and top with the stir-fry.
 18. Optional heat. Serve **Sriracha** or chopped **jalapeños** at the table.
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Suggested Side Dishes

Miso Soup with Wakame わかめの味噌汁

Nutrition

Per Serving (Including Rice)

Kcal total: 520 | Protein: 30 g | Fat: 18 g | Sat Fat: 5 g | Carbs: 55 g | Sugars: 6 g | Fiber: 6 g | Sodium: 550 mg | Omega-3: 0.3 g

Entire Recipe

Kcal total: 1,040 | Protein: 60 g | Fat: 36 g | Sat Fat: 10 g | Carbs: 110 g | Sugars: 12 g | Fiber: 12 g | Sodium: 1,100 mg | Omega-3: 0.6 g

Notes

- Increasing the tofu relative to the beef improves the protein-to-calorie ratio while preserving plenty of beef flavor.
- Cashews add both crunch and additional protein, making the dish more satisfying than the original version.
- Shimeji mushrooms absorb the sauce and contribute umami without significantly increasing calories.
- The sauce is intentionally light and should coat rather than drown the ingredients.
- This recipe reheats very well and makes an excellent lunch the next day.
- For a spicier version, stir chopped jalapeños into the garlic and ginger stage or serve Sriracha at the table.
- This is an excellent one-pan weeknight meal that balances protein, vegetables, and whole grains while remaining relatively light.