szechuan tofu and veggies

Makes 4 servings

RECIPE FROM: Feasting at Home

COOK TIME: 15-20 minutes

Szechuan Sauce

½ – 1 tsp Szechuan peppercorns (or black peppercorns)

¼ cup soy sauce

3 Tbsp honey (or maple syrup)

1 Tbsp sesame oil

1 Tbsp rice wine vinegar

1 Tbsp mirin

3 garlic cloves, finely minced (use a garlic press)

2 tsp fresh ginger, grated or finely minced (or use ginger paste)

1 Tbsp garlic chili paste (like sambal oelek) or 1 tsp chili flakes

½ tsp Chinese Five Spice

Tofu and Veggies

16 oz tofu, patted dry and cubed (or sub shrimp or chicken cubes)

2 Tbsp avocado oil

½ tsp sea salt

½ tsp black pepper

2-4 cups vegetables of choice (I used frozen sliced mixed mushrooms, frozen tri color bell pepper strips and frozen broccoli - see original recipe for more suggestions)

scallions, sesame seeds, chili flakes (for garnish)

This recipe is very versatile. You can use tofu, chicken or shrimp, and you can choose whatever vegetables you like, fresh or frozen.

FOR THE SAUCE

TOAST Szechuan peppercorns in a hot dry skillet over medium heat, until fragrant, about 1-2 minutes. Crush.

PLACE crushed peppercorns and the rest of the sauce ingredients in a medium bowl or small jar and whisk until well combined. Set aside.

FOR THE TOFU AND VEGGIES

HEAT oil in a skillet. Season oil with salt and pepper. Swirl the seasoned oil around until spread out uniformly.

ADD tofu and sear on at least two sides, until crispy and golden - be patient here. Set aside.

TO the same pan, add a little more oil if needed, then add vegetables and sauté over medium-high heat stirring constantly, until tender and liquid has just about evaporated.

ADD the sauce starting with ¼ cup and adding more to taste. Cook the sauce for 2 minutes, letting it thicken a bit.

TOSS in cooked tofu (or cooked shrimp or chicken) right at the end, just to warm it up.

SERVE as is, over rice, noodles, or cauliflower rice and garnish with sesame seeds, scallions and more chili flakes if you like it spicy!