

Stir-Fried Broccoli & Tofu in a Spicy Peanut Sauce

Swick

Serves 2 to 3 | Active Time: 30 minutes | Total Time: 30 minutes

Step 1: Preparing the Sauce

- 1/2 cup creamy peanut or almond butter (3/4 cup raw peanuts)
- 1/2 cup hot water, more as needed
- 2 tbsp sweetener, such as brown sugar or agave
- 2 tbsp tamari or soy sauce, or to taste
- 1 tbsp Shao Hsing rice wine or dry sherry, or to taste
- 2 tsp sambal oelek, or to taste
- 1/2 lime, or to taste

To prepare the sauce, whisk all of the ingredients together in a bowl. If using raw peanuts, add them to a food processor first and blend until smooth. Once done, add the remaining ingredients — except the sambal oelek and blend until smooth. Lastly, add the sambal and pulse once or twice and then taste for seasoning.

If the sauce seems a bit too thick, add a bit more water. Taste and adjust the sauce, until you like the saltiness, acidity, and heat level. For instance, if you need more salt, add a bit more tamari (or soy sauce), if you need more tartness, add more rice wine and/or lime, and if you want more heat, add more sambal.

Set aside while you prepare the rest of your mise en place.

- 1 - 350 gr pkg extra-firm tofu, diced into 1" pieces
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp soy sauce
- 2 tbsp cornstarch (optional)

To prepare the tofu, add the diced tofu to a bowl and mix together the spices and soy sauce — allow the tofu to marinate for at least 15 minutes (or even overnight).

Just before cooking the tofu, coat it in the cornstarch and then either bake it in a 400°F (200°C) oven for 15 minutes or so or until it is crisp on all sides or fry it. To fry the tofu, heat a large frypan over medium-high heat and then once hot, add some oil, followed by the tofu. Let cook for a minute or so and then gently toss and continue to cook until crisp and golden on all sides. Once done, remove from the pan and place onto a plate lined with a paper towel to remove any excess oil. Also, note that the tofu can also be cooked in your wok as the first step of the stir-fry. Once it is done, remove it from the wok and continue on with the stir-fry.

Note that the cornstarch (and even the oil) can be omitted — the cornstarch (and the oil) just add a nice layer of crispiness to the tofu.

Step 3: Preparing Your Mise en Place

- 2 cups broccoli florets
- 1 cup thick-cut mushrooms
- 1 cup snap peas, cut on the bias
- 1/2 cup sliced onions
- 2 garlic cloves, minced

For the vegetables, cut into bite-sized pieces. For the mushrooms, simply cut in half or into quarters, if they are quite large.

Step 4: Stir-Frying the Dish

- 1 to 2 tsp peanut or grape seed oil
- 1/4 tsp crushed chili flakes (or to taste)
- 1/4 cup roasted peanuts, roughly chopped

To stir-fry the dish, line the ingredients up in the proper cooking order. Heat a wok (or large fry-pan) over high heat.

Once hot, add the oil, followed by the onions. Let cook for a minute or so or until they just start to color. Next, add the mushrooms and let cook for a minute or two — again, just until they start to color. Next, add the broccoli and let cook for a minute or so and then add a touch of water and place a lid over top. This will help the broccoli to steam a bit. Let cook for another minute or two. Then remove the lid and check for doneness. When done, the broccoli should be somewhat tender but still bright in color. Alternatively, the broccoli can be par-cooked ahead of time to shorten the cooking time.

Next, add the garlic and snap peas and let cook for 30 seconds to a minute. Tossing to ensure the garlic does not burn. Next, add the reserved tofu and very gently toss to combine.

At this point, turn off the heat and add the peanut sauce and chili flakes. Toss to coat the ingredients with the sauce.

Lastly, garnish with the nuts and serve immediately. If desired, serve with some additional sambal oelek on the side.

Chef's Notes

If you are allergic or choose not to eat peanuts, you can substitute with another nut, such as almond or cashew.