

# Ginger Sesame Tofu

Serves 3

Time 45 minutes

Vegan

Common Allergens Soy, sesame, check labels

Recipe from [The Foodie Takes Flight](#)

## Ingredients

### Tofu

- 14 ounces extra firm tofu
- ¼ cup corn starch
- ½ teaspoon salt

### Stir-Fry

- 3 tablespoons canola oil, divided
- 1 small onion, diced
- ½ red bell pepper, chopped
- 1 cup green beans, chopped
- 1 tablespoon grated ginger
- Salt and pepper to taste
- Chili sauce, optional

### Sauce

- ½ cup room temperature water
- 2 tablespoons tamari or soy sauce
- 2 tablespoons sugar
- 1 tablespoon roasted sesame seeds
- 1 tablespoon cornstarch
- 1 tablespoon Shaoxing wine or other rice wine, optional
- 1 ½ teaspoons toasted sesame oil
- Pinch white pepper

### To Serve

- Chopped scallions for topping
- Steamed rice

### Notes

- Ways to press tofu:
  - Wrap it in a towel and place a heavy object on top
  - Place it between 2 plates and place a heavy object on top
  - Use a tofu press



## Instructions

1. Drain the tofu, then press for at least 5 minutes.
2. Cut tofu into cubes. In a shallow plate or bowl, mix the cornstarch and salt. Coat the tofu well in the mix.
3. In a bowl, mix all the ingredients for the sauce. Feel free to adjust depending on your desired taste. Set aside.
4. In a large nonstick skillet, heat 2 tablespoons of oil and fry the tofu cubes until crisp and golden. You will need to turn around the tofu cubes to evenly crisp them, which may take about 15 minutes. Remove tofu from the pan onto a plate lined with a paper towel.
5. In the same pan, add remaining 1 tablespoon oil, then sauté the onion for 2 minutes over medium high heat. Add bell pepper, green beans, ginger, and about ¼ cup water to help cook the vegetables. Cook until vegetables are crisp tender, about 1-3 minutes.
6. Stir the sauce to make sure the cornstarch hasn't stuck to the bottom. Add the sauce to the pan and simmer while stirring until it thickens.
7. Add in the tofu and coat in the sauce. Stir until just combined.
8. Add salt and/or pepper to taste, and optional chili sauce.
9. Serve the tofu with a bowl of rice and garnish with scallions, if desired. Serve warm.