



Braised tofu with spring onions

Ingredients:

400 g flat green beans
40 g fresh ginger
2 tbsp miso paste
Sugar, salt
8 tbsp vegetable oil
200 ml vegetable stock
2 garlic clove
2 tsp ground black pepper
1 tsp ground Szechuan pepper
2 bunches of spring onions
500 g smoked tofu
100 ml soy sauce

Accessories:

Induction wok
Ceran hob
Griddle

Preparation:

Cut the washed beans into bite-sized, diagonal slices. Cook in boiling, salted water for approx. 7 mins. Drain and shock with cold water.
Peel the ginger and grate finely. Peel the garlic and coarsely chop. In a mortar, grind the ginger together with the garlic, miso paste, black pepper, Szechuan pepper and sugar to form a fine paste.
Cut the spring onions into thin rings.
Halve the smoked tofu lengthwise, cut into slices and then dice into bite-sized cubes.
Heat the oil in the wok and fry the tofu on both sides until golden brown. Add the spring onions and spice paste and stir. Deglaze with the soy sauce and stock, and bring to the boil.
Add the beans and cook for 2-3 mins. Serve on pre-warmed plates, with rice as an ideal accompaniment.

Notes:

Preparation time: approx. 30 mins / difficulty level: easy / calories p.p.: n/a

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469 g CO₂ per portion

70 % less CO₂ than the average when preparing this recipe.

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