

Szechuan Tofu & Long Beans

with Jasmine Rice, Peanuts & Bird's Eye Chile

Centuries ago, before the chile pepper arrived in Asia, Chinese cuisine owed its delectable heat to a different ingredient: the Szechuan peppercorn. Native to the Chinese province of Sichuan (or Szechuan), these peppercorns are aromatic and pleasantly tingling on the tongue. Here, we're using them coarsely-ground, alongside Chinese five-spice powder, to coat our tofu. We're also adding extra flare by using a bird's eye chile, a variety that has become crucial to cuisines throughout the region since the chile's introduction.



Ingredients

- 1 14-Ounce Package Extra-Firm Tofu
- $\frac{3}{4}$ Cup Jasmine Rice
- 6 Ounces Long Beans
- 3 Scallions
- 2 Cloves Garlic

Knick Knacks

- 1 1-Inch Piece Ginger
- 1 Bird's Eye Chile
- $\frac{1}{4}$ Cup Black Bean Garlic Sauce
- $\frac{1}{4}$ Cup Peanuts
- 2 Teaspoons Szechuan Tofu Spice Blend
(Coarsely Ground Szechuan Peppercorns & Chinese Five-Spice Powder)

Makes 2 Servings

About 635 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Pat the tofu dry with paper towels; large dice the tofu. Trim off and discard the stem ends of the long beans; halve the long beans. Cut off and discard the root ends of the scallions. Thinly slice the white bottoms of the scallions; cut the green tops into 3/4-inch pieces. Peel and mince the garlic and ginger. Roughly chop the peanuts. Halve the bird's eye chile to expose the seeds. (For a milder dish, leave the chile whole.) Immediately wash your hands and cutting board after handling the chile.

2



Cook the rice:

In a medium pot, heat 2 teaspoons of oil on medium-high until hot. Add the **white bottoms of the scallions, half the garlic and half the ginger**. Cook, stirring occasionally, 1 to 2 minutes, or until softened and fragrant. Add the **rice, a big pinch of salt and 1 1/2 cups of water**; heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the cooked rice with a fork. Set aside in a warm place.

3



Cook the long beans:

While the rice cooks, in a large pan (nonstick, if you have one), heat 2 teaspoons of oil on medium-high until hot. Add the **long beans**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until slightly softened and browned. Transfer to a plate and set aside in a warm place. Wipe out the pan.

4



Cook the tofu:

While the rice continues to cook, in a large bowl, combine the **tofu and as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Toss to thoroughly coat. In the pan used to cook the long beans, heat 2 teaspoons of oil on medium-high until hot. Add the seasoned tofu and cook, stirring occasionally, 8 to 10 minutes, or until browned on all sides.

5



Finish the tofu & long beans:

Add the **bird's eye chile, cooked long beans and remaining garlic and ginger** to the pan of tofu. Cook, stirring occasionally, 1 to 2 minutes, or until softened and fragrant. Add the **black bean garlic sauce and 1/4 cup of water**. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined. Remove from heat and season with salt and pepper to taste. Carefully remove and discard the chile pepper.

6



Plate your dish:

Divide the **cooked rice and finished tofu and long beans** between 2 dishes. Garnish with the **green tops of the scallions and peanuts**. Enjoy!