

Curry-Roasted Tofu

with Chinese Long Beans & Cellophane Noodles

This dish is inspired by Singapore-style noodles, a stir-fry flavored with curry powder popular in Cantonese restaurants both here in the U.S. and in Hong Kong. In our recipe, roasted tofu is tossed with mild Madras curry powder, a spice blend from South India. The tasty combination of cellophane noodles (made of mung bean starch) and sautéed vegetables is topped with chopped peanuts for added crunch.



Ingredients

- 2 Ounces Chinese Long Beans
- 2 Scallions
- 1 Bunch Thai Basil
- 1 Clove Garlic
- 1-Inch Piece Ginger
- 1 Lime
- 1 Zucchini
- 14-Ounce Package Firm Tofu
- 4 Ounces Cellophane Noodles
- 1 Tablespoon Sesame Oil
- 1 Tablespoon Madras Curry Powder
- ¼ Cup Roasted, Salted Peanuts

Makes 2 Servings
About 525 Calories Per Serving

Instructions



1 Prepare the ingredients:

Preheat the oven to 500°F. Wash and dry the fresh produce. Heat a medium pot of water to boiling on high. Cut the long beans into 1-inch pieces on an angle. Slice the scallions on an angle. Pick the basil leaves off the stems. Peel and mince the garlic and ginger. Cut the zucchini in half crosswise, then lengthwise into quarters. Cut away the seeds, then cut the zucchini into ¼-inch-thick sticks. Roughly chop the peanuts. Cut the lime into quarters.



2 Roast the tofu:

Drain and cut the **tofu** in half horizontally, then pat it dry with paper towels to remove any excess moisture. Place it on a lightly oiled baking sheet and drizzle a little olive oil over the top. Season with salt and pepper on both sides. Roast the tofu 18 to 20 minutes, or until browned, turning it over halfway through.



3 Cook the cellophane noodles:

Once the water is boiling, remove the pot from the heat. Add the **cellophane noodles** and let stand for 2 to 3 minutes, or until tender. (Taste the noodles for doneness. If they're soft enough to eat, they're ready. If not, allow them to stand a few minutes longer.) Drain and rinse thoroughly under cold water.



4 Cut & season the tofu:

When cool enough to handle, cut the **roasted tofu** into ½-inch cubes and transfer to a bowl. Toss with the **curry powder** and **half the sesame oil** until thoroughly coated.



5 Cook the vegetables & finish the noodles:

In a large pan, heat the **remaining sesame oil** on medium-high until hot. Add the **Chinese long beans** and **zucchini**; cook 2 to 3 minutes, or until lightly browned. Stir in the **ginger**, **garlic**, and **scallions** for about 30 seconds, or until fragrant. Add the **drained cellophane noodles**, the **tofu**, and **2 tablespoons of water**; season with salt and pepper to taste. (If there's any curry powder left in the tofu bowl, add a little water to release it and transfer it to the pan.) Cook 2 to 3 minutes, stirring until well combined and heated through. Remove from the heat.



6 Plate your dish:

Stir in the **juice of 2 lime wedges**. Tear up **all but a few Thai basil leaves** (reserve the rest for garnish) before adding them to the noodles. Divide the noodles between 2 bowls. Garnish with the **peanuts** and the **remaining Thai basil leaves**. Enjoy!