

TASTE WITHOUT WASTE

Fried Tofu Salad with Chilli Peanut Sauce

Serves 4-6

Ingredients

200g green beans, tailed (leave the 'curly' end on)
2 tbsp sunflower oil or peanut oil
400g firm tofu (I used one marinated in satay sauce), torn into bite-sized chunks
50g raw peanuts or cashews
Sea salt
250ml chilli peanut sauce – see recipe below
3 to 4 tbsp hot water
1 large carrot, cut into matchstick-sized strips
1 small Lebanese cucumber, quartered lengthways, de-seeded and cut into thin strips
120g mesclun lettuce (any crisp lettuce would work), shredded roughly
4 spring onions, dark green parts only, thinly sliced on an angle to produce diamonds
100g bean sprouts
4 hard-boiled eggs, peeled and cut into sixths

Method

Bring a small pot of water to the boil. Tip in the green beans and cook for one minute. Drain and then immerse in a bowl of iced water to refresh and prevent further cooking. Set aside.

Warm the oil in a frying pan over a medium to high heat. When shimmering add the tofu and cook, stirring frequently, for about five minutes or until golden-brown and crisp on the edges. Transfer to a plate covered in paper towel to drain off the excess oil. Pour out any oil remaining in the pan (but don't clean or wipe out the pan – you want just a smear of oil left) and return to the burner on a low heat. Toss in the peanuts/cashews and toast for a minute or two, shaking the pan regularly, or until lightly browned. Allow to drain with the tofu. Season the tofu and nuts with a little sea salt.

Place the chilli peanut sauce in a small saucepan over a low heat and warm gently for a minute or two. Add hot water to thin out the sauce to an almost pouring consistency, stirring well after each addition.

Divide the lettuce, green beans, carrot, cucumber and bean sprouts between serving bowls/plates. Top with the boiled egg, fried tofu and nuts. Drizzle over the chilli peanut sauce and sprinkle with the spring onion 'diamonds'.

Source: Adapted from [Simon Bryants Veggies](#).

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Chilli Peanut Sauce

Makes approximately 400ml

Ingredients

1 dried red chilli, chopped, seeds and all (substitute with a scant ½ tsp chilli flakes if necessary)
1 tbsp brown rice vinegar
½ cup raw peanuts, skin left on
1 tbsp soy sauce
1 tbsp kecap manis
1 clove garlic, crushed
1 tsp grated coconut palm sugar (substitute with brown sugar if necessary)
1 tbsp sunflower/peanut oil
250ml light coconut milk

Method

Preheat the oven to 200C.

Place the dried chilli in a very small bowl and pour over the rice vinegar. Leave to marinate for 15 minutes.

Meanwhile, spread the peanuts out on a small baking tray and roast for ten minutes or until lightly golden.

In another small bowl, whisk together the soy sauce, kecap manis, garlic and palm sugar.

Set a small saucepan over a medium heat and pour in the oil. When hot, add the chilli and vinegar mix and fry for a few seconds, stirring constantly. Tip in the soy sauce mix and cook, still stirring, for a further 30 seconds or until it starts to froth. Add the peanuts, stir to coat, and then pour in the coconut milk.

Reduce the heat to low and simmer gently, stirring every once in a while, for approximately 12 minutes or until the sauce has begun to thicken.

Remove from the heat and allow to cool slightly.

Blitz in a blender/food processor until relatively smooth (you will still have fine grains of peanuts visible, that's ok).

Store in a sterilised jar, in the fridge, for up to four weeks.

When required, warm gently over a low heat and thin out with hot water to reach desired consistency.

Source: Adapted from [Simon Bryants Veggies](#)

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