

# Seared Tofu with Cashews, Coconut and Snap Peas

**Time** 30 minutes

Based on a recipe by Yewande Komolafe

## Ingredients (4 servings)

1 (14 ounce) block firm tofu  
1/2 lb of snap peas  
1 cup basmati rice  
Neutral oil (sunflower, avocado, canola)  
2 tbsp ginger grated  
2 cloves garlic grated  
1 (13 ounce) can coconut milk  
1/2 cup toasted cashews  
4 green onions thinly sliced  
1/4 cup cilantro, roughly chopped  
1 tbsp Tamari  
2 tsp maple syrup  
Salt and pepper



**Check out the video at** <https://tobermorymeetingplace.com/food-programs/good-to-go/>

## Instructions

1. Rinse rice until water runs clear, add 1 1/2 cups of water, 1 glug of oil, 1/2 tsp of salt and place over high heat. Cut the tofu in half. Press excess water out of each half, then cut into bite size cubes and season with salt and pepper on both sides. When the rice begins to boil, stir once, reduce heat to low, cover, and cook for 10 minutes. Remove from heat, leaving rice covered and set aside.
2. Grate ginger and garlic and set aside in the same bowl. Thinly slice green onions and place in a separate bowl with roughly chopped cilantro. Place a non-stick pan over medium heat and add 1 tbsp of neutral-tasting oil. When the oil is hot add tofu cubes. Make sure each cube is touching the pan and leave them to sear on one side (about 3 minutes) before turning over to sear on a second side. When two sides are browned, remove tofu from pan and set aside.
3. Add another tbsp of oil to the pan and toss in the snap peas. Cook, stirring occasionally, until seared and tender (about 3 minutes), then season with a pinch of salt and set aside in it's own bowl.
4. Heat the remaining tbsp of oil in the hot pan and add the garlic and ginger. Cook for 30 seconds and then add coconut milk, tamari, and maple syrup. Reduce heat and simmer, stirring frequently until the sauce is reduced and medium brown in colour. Stir in cashews and tofu and remove from heat.
5. Toss the snap peas with thinly sliced green onions and cilantro. Gently fluff rice with a fork, then divide it amongst 4 plates. Add tofu and cashews with some sauce and the snap peas alongside.
6. Enjoy!