



Vegan Kung Pao Tofu

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Crispy Tofu gets tossed with peanuts, veggies, chiles, and a sweet spicy and savory sauce for a plant-based twist on a classic takeout dish!

Course	Main
Cuisine	American, Chinese
Diet	Gluten Free, Vegan, Vegetarian
Method	Oven, Stovetop
Prep Time	10 minutes
Cook Time	30 minutes
Total Time	40 minutes
Servings	4 People
Calories	315kcal
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Ingredients

For the Tofu:

- 400 g block extra firm tofu pressed*
- 1 tablespoon avocado oil or another high-heat cooking oil
- 1 tablespoon low-sodium tamari or soy sauce
- 29 g cornstarch

For the Stir Fry and Sauce:

- 1 teaspoons Sichuan peppercorns optional
- 1 tablespoon avocado oil
- 2 tablespoons low-sodium tamari or soy sauce
- 2 tablespoons hoisin sauce
- 2 tablespoons unseasoned rice vinegar
- 1 teaspoon dark soy sauce optional, for color
- 120 ml water
- 1 tablespoon cornstarch
- 3 green onions chopped; white and green parts separated
- 3 cloves garlic minced
- 1" fresh ginger peeled and grated (~2 tsp)
- 1 red bell pepper large dice
- 1 green bell pepper large dice
- 80 g roasted unsalted peanuts
- 5-10 dried red chiles cut in half for more spice
- 1 teaspoon toasted sesame oil

Instructions

1. **Prep:** Preheat the oven to 425F and line a baking sheet with a silicone mat or parchment paper. Tear the tofu into bite-sized chunks for a more meat-like shape and texture, or cut into

small cubes.

2. **Tofu:** Add the tofu to a medium bowl and add in the oil and tamari. Toss with a spatula until evenly coated, then sprinkle the cornstarch on top and toss again. Transfer to a baking sheet and spread out the tofu pieces so they aren't touching. Bake on the top rack of the oven for 30 minutes, flipping the tofu halfway through.
3. **Toast the Peppercorns (Optional):** Bring a large sauté pan or wok to medium heat. Add the whole peppercorns and toast for 1 to 2 minutes, until fragrant. Remove from the pan, crush using a mortar and pestle, and set aside.
4. **Stir-Fry Sauce:** In a large glass measuring cup or jar add the soy sauce, rice vinegar, hoisin sauce, dark soy sauce (if using), water, and cornstarch. Whisk until the cornstarch is dissolved, then set aside.
5. **Aromatics & Veggies:** Add the avocado oil to the same pan over medium heat. Once warm, add the white parts of the green onion, garlic, and ginger; sauté for 1 to 2 minutes. Toss in the green and red bell peppers, peanuts, chiles, and crushed peppercorns. Mix well and sauté for 3 to 5 minutes.
6. **Make it Saucy:** Give the stir fry sauce a final whisk, then add to the pan with the veggies. Bring the sauce to a simmer and cook for an additional 2 to 3 minutes, until the sauce has thickened to your liking.
7. **Serve & Store:** Turn the heat to low, then stir in the baked tofu and sesame oil. Serve the Kung Pao Tofu and vegetables over rice (or as desired), then top with the reserved green onions and serve warm. Leftovers will keep in the fridge for up to 5 days.

Notes

- **Pressed Tofu:** use a tofu press to remove the excess liquid from your tofu, or wrap the tofu in a clean towel or paper towels, place a heavy object on top, and let sit for at least 30 minutes
- **Peanut Free:** use cashews for a fun twist!
- **Gluten-Free:** use gluten-free hoisin sauce and gf soy sauce or tamari

Nutrition

Calories: 315kcal | Carbohydrates: 22g | Protein: 15g | Fat: 20g | Saturated Fat: 3g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 11g | Cholesterol: 0.2mg | Sodium: 958mg | Potassium: 474mg | Fiber: 3g | Sugar: 7g | Vitamin A: 1132IU | Vitamin C: 65mg | Calcium: 66mg | Iron: 2mg