

Sesame Crusted Tofu with Green Bean-Bell Pepper Sauté & Rice

30 minutes | 2 servings



Find cookware

[aluminum foil](#)
[baking sheet pan](#)
[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grater \(optional\)](#)
[measuring cups](#)
[measuring spoons](#)
[mixing bowls](#)
[nonstick skillet](#)
[small saucepan](#)
[spatula](#)
[stirring spoon](#)
[whisk or fork](#)

Grab ingredients

1	egg
1 (12 oz) pkg	extra firm tofu
2 cloves	garlic
1 (1 inch) piece	ginger root
½ lb	green beans
½ cup	jasmine rice
1	yellow bell pepper
	black pepper
	cornstarch
	extra virgin olive oil
	salt
	sesame seeds

Cook & enjoy

- 1 Cut tofu in half along the long side. Sandwich tofu between clean towels or paper towels and place on a baking sheet pan. Place a cutting board with something heavy on top and set aside to press out excess water.

1 (12 oz) pkg extra firm tofu

- 2 Using a strainer or colander, rinse the rice under cold, running water, then drain and transfer to a small saucepan. Add water and bring the mixture to a boil over high heat.

½ cup jasmine rice
1 cup water

- 3 Once the liquid comes to a boil, stir the mixture, cover the saucepan, and reduce heat to low. Cook rice until liquid is fully absorbed, 15-18 minutes. Once done, remove rice from the heat and let it stand, still covered, for 5 minutes.

- 4 Meanwhile, wash and dry the fresh produce.

½ lb green beans
1 yellow bell pepper
1 (1 inch) piece ginger root

- 5 Trim green beans, place in a medium bowl, and set aside.

- 6 Cut the tofu planks in half crosswise; season with salt and pepper on both sides.

¼ tsp salt
⅛ tsp black pepper

- 7 Place egg and cornstarch in another medium bowl; beat with a whisk or fork until smooth.

1 egg
1 tbsp cornstarch

- 8 Preheat a skillet over medium heat.
- 9 While the skillet heats up, place sesame seeds on another plate. Dip tofu in the egg mixture, then dredge in the sesame seeds, pressing gently to adhere; return to the baking sheet.
½ cup sesame seeds
- 10 Once the skillet is hot, add oil and swirl to coat the bottom. Add tofu and pan-fry until the coating is golden and tofu is warmed through, 3-4 minutes per side. Return to the baking sheet and loosely cover with aluminum foil. (Reserve skillet for later use.)
2 tsp extra virgin olive oil
- 11 Meanwhile, trim, seed, and slice bell pepper lengthwise into thin strips; add to the bowl with the green beans.
- 12 Peel and mince ginger and garlic; add both to the bowl.
2 cloves garlic
- 13 Return skillet to medium heat, add more oil, and swirl to coat the bottom. Add veggies, salt, and pepper; cook, stirring occasionally, until softened, 6-7 minutes. Remove from heat.
2 tsp extra virgin olive oil
½ tsp salt
1 pinch black pepper
- 14 To serve, divide rice between plates or bowls; top with tofu and veggies. Enjoy!