



Bell Pepper Stir Fry with Basil and Tofu with Quinoa

Ingredients

- 1 lb. firm tofu
- ¼ cup soy sauce
- 3 Tbsp. seasoned rice vinegar
- 1 Tbsp. sesame oil
- 2 tsp. cornstarch
- 1 tsp. kosher salt
- ¼ cup vegetable oil, divided
- 2 medium bell peppers, cored, seeded, and cut into thick slices
- 1 medium white or yellow onion, thinly sliced
- 2 garlic cloves, thinly sliced
- 1 Tbsp. finely grated ginger
- ** (the students were sent a ginger/garlic stir fry mix from Christopher Ranch) So for the recipe 2 Tbsp total of the blend
- 1 cup torn Thai basil leaves or regular basil
- 1 Cup Quinoa
- 1 Tbsp. chili crisp (optional)
- 2 tsp. toasted white sesame seeds (optional)

Instructions

Drain the tofu, then place the block on a paper-towel-lined plate. Top with another layer of paper towels and a second plate, then place a light weight (such as two 28-ounce cans) on top. Set aside until most of the water is pressed out and the tofu feels dense and dry to the touch, 20–30 minutes. (or as long as we have time for while prepping quinoa & veggies.)

MAKE Quinoa 1 cup **rinsed** quinoa

2 cups liquid Boil liquid first, then add quinoa, return to a boil, reduce to light simmer, cover & cook for 17 minutes. Let sit for 5 minutes, then fluff with a fork

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In a small bowl, whisk together the soy sauce, vinegar, sesame oil, cornstarch, and salt. Set aside.

For the tofu: Pour off any excess liquid, then cut the tofu into $\frac{3}{4}$ -inch cubes.

Set the skillet over medium-high heat, add 2 tablespoons of the vegetable oil. When it's hot and shimmering, add the tofu and stir-fry, tossing occasionally, until golden brown, about 8 minutes. Transfer to a paper-towel-lined plate.

Turn the heat up to high. Add the remaining vegetable oil, the bell peppers, and the onion and stir-fry until softened slightly and beginning to brown, about 7 minutes. Stir in the ginger and garlic and cook until fragrant, about 1 minute. Add the basil and cook until wilted, about 10 seconds, then stir in the reserved tofu and soy sauce mixture. Cook until the sauce thickens slightly and coats the tofu, about 30 seconds. Remove from the heat.

OPTIONAL: stir in the chili crisp if using and the sesame seeds, and serve with quinoa/rice if desired.