Main dishes / United States

firm tofu and green beans skillet · United States

A savoury United States-inspired Studio variation with green beans, firm tofu and a fragrant finish.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g firm tofu
- ☐ 180 ml low-salt vegetable stock
- ☐ 2 g ground cumin
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g green beans
- ☐ 3 g smoked paprika
- ☐ 10 g fresh parsley

Let's make it.

01 Clean the green beans and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the green beans and cook for a few minutes.

03 Add the stock, cover and simmer for 12 minutes until the vegetables are tender.

04 Dice the firm tofu and fry for eight to ten minutes until golden and piping hot.

05 Combine the cooked main ingredient with the vegetables. Stir in the smoked paprika, ground cumin, fresh parsley and taste before serving. Serve straight away.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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