

Spicy Szechuan Green Beans and Tofu

A super fresh, super delicious stir fry that's on the table in just fifteen minutes. With seared tofu, charred green beans, zucchini, cabbage and mushrooms tossed in our Szechuan sauce, it's a magical dinner we just can't get enough of.

15 Minutes to the Table

15 Minutes Hands On

1 Whisks *Super Easy*

Getting

Organized

EQUIPMENT

Large Skillet

FROM YOUR

PANTRY

Olive Oil

Salt & Pepper

6 MEEZ

CONTAINERS

Tofu

Mushrooms

Zucchini &

Cabbage

Szechuan

Sauce

Green Beans

Green Onions

Add Protein Cooking Instructions

Integrate into recipe: cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole). Stir into the sauce and veggies at the end of Step 2.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

Health snapshot per serving – 295 Calories, 28g Protein, 32g Carbs, 10g Fat, 2 Freestyle Points.

SCAN QR CODE



to view

YouTube

cooking video



INGREDIENTS: Green Beans, Mushrooms, Tofu, Zucchini, Cabbage, Green Onions, Tamari, Rice Wine Vinegar, Tomato, Garlic, Ginger, Sambal, Crushed Red Pepper, Sesame Oil, Brown Sugar.

meez *meals*

1. Sear the Tofu

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Tofu** in a single layer and cook, undisturbed until crisp and golden brown, about 2 minutes. Flip and sear the other side until also crisp and golden brown, about 1 more minute. Remove the tofu from the pan and set aside. Do not wipe out the pan.

2. Cook the Veggies

Add the **Mushrooms** to the now-empty skillet over high heat and sauté until tender and all the liquid evaporates, about 3 minutes.

Add the **Zucchini & Cabbage** and stir continuously until they become slightly tender, about 1 minute.

Push the veggies to the outer edge of the skillet, making a well in the center and pour in the **Szechuan Sauce**. As soon as it starts to boil, add in the cooked tofu and mix until everything is coated in sauce. Transfer to the serving plates.

3. Char the Green Beans

Wipe out the now-empty skillet and return to the stove with 1 Tbsp olive oil over high heat. When the oil is very hot, add the Green Beans and stir to coat in the oil. Sprinkle with salt and pepper and arrange in a single layer in the pan. Cook, undisturbed until they start to blister, about 2 minutes. Stir the green beans and cook until they start to soften slightly, another 2 minutes.

When you see the oil steaming it is hot enough to char the green beans.

4. Put It All Together

Serve the charred green beans over the veggies and tofu and sprinkle with the **Green Onions**. Enjoy!

Instructions for two servings.

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