

Vegetable Stir-Fry with Crisp Tofu and Toasted Cashews

The mix of vegetables in this dish can be swapped at will. I simply used what I had on hand, but you can make as many substitutions as you like. Just remember that harder vegetables will take longer to cook than softer ones, and that you really want to maintain each component's crunch and character. If you're using a wok or skillet to which food has a history of sticking, you may need to use slightly more oil.

Serves 4

4 teaspoons canola, peanut, or garlic oil, divided
4 ounces tofu, pressed dry with paper towels, cubed
1/4 cup unsalted cashews
1/4 yellow onion, chopped
3 cloves garlic, chopped
1 teaspoon minced fresh ginger
8 ounces broccoli florets, cut into small pieces
4 ounces julienned carrots
2 ounces julienned daikon
2 teaspoons soy sauce, plus additional for seasoning at the end
2 ounces bok choy, baby bok choy, you choy, or any choy you like, chopped
1/4 cup frozen peas (no need to defrost)
2 green onions, cut on the bias into 1-inch lengths
1/2 teaspoon sesame oil
Cooked brown rice, for serving

Heat a well-seasoned wok or very large skillet over medium-high heat for about 2 minutes. Swirl in 2 teaspoons of the oil. Add the tofu and brown on all sides, flipping frequently, for about 3 minutes. Add the cashews and stir-fry with the tofu a minute longer until the nuts and tofu have colored. Remove both to a plate and set aside.

Swirl in the remaining 2 teaspoons of oil. Add onions and garlic and cook, stirring, for two minutes. Add ginger and continue stirring. Add broccoli, carrots, daikon, and soy sauce. Raise heat to high and stir-fry for about 4 minutes. Add choy, peas, and green onions and continue stir-frying 1 to 2 minutes longer, or until vegetables are brightly colored and crisp-tender.

Add tofu and cashews back to the wok, tossing until heated through. Drizzle with the sesame oil and additional soy sauce to taste. Serve immediately, over cooked brown rice.