Green Beans and Tofu in Peanut Sauce

2 small rice meals, each with 125 g (4.4 oz) pouch rice and half the tofu, beans and full peanut sauce | Active 15 min | Cook 8 min | Total 30 min

Ingredients

• 250 g (8.8 oz) ready-to-eat canned green beans, drained and cut into 3 cm (1 1/4 in) lengths if needed

• 250 g (8.8 oz) commercially prepared pasteurized firm tofu, drained and cut into 1 cm (3/8 in) cubes; choose a label permitting ready-to-eat use

• 40 g (1.4 oz) smooth peanut butter

• 15 ml (1 US tbsp) reduced-salt soy sauce

• 80 ml (about 1/3 US cup) water, divided: 30 ml (2 US tbsp) for ginger and 50 ml (3 US tbsp plus 1 US tsp) for sauce

• 8 g fresh ginger, about a 2 cm (3/4 in) piece depending on shape, peeled and finely grated

• 5 ml (1 US tsp) olive oil

• 10 g (0.35 oz) brown sugar

• 20 ml (1 US tbsp plus 1 US tsp) lime juice

• 1 commercially packed 250 g (8.8 oz) ready-to-eat plain rice pouch with a complete microwave process of 2 minutes or less at 1000 W

Set out

1000 W microwave with turntable, Microwave-safe bowl, 2 L (2.1 US qt) measured capacity, with vented cover, Knife and board, Fork and spoon, Kitchen scale and measuring jug, Food thermometer, Oven mitts, Two serving bowls, Fine grater

Allergens

Peanuts, Soy, Wheat. Check labels and substitutions.

Make it

1. Put ginger, olive oil and 30 ml water in the 2 L bowl. Cover with the vented cover and microwave at 1000 W full power for 1 minute. Remove carefully, lifting the cover away from your face.

2. Stir in peanut butter, soy sauce, sugar and the remaining 50 ml water until evenly loosened. Fold in all the drained canned green beans and tofu cubes. Cover and microwave at full power for 2 minutes. Stir gently from the bottom, then heat in 1-minute bursts for about 1-3 minutes more until 165°F/74°C in the center and several other positions. Recheck any cooler spot after more heating.

3. Leave the covered base outside the oven for 2 minutes. During that stand, heat the full rice pouch by all its manufacturer's microwave instructions, including opening, venting and any required stand. Choose the short-process product stated in the ingredients for this clock; a longer package process must still be given in full and extends the estimate.

4. Stir all the lime juice through the hot peanut-sauce base. Divide the full rice pouch between two bowls, then add half the entire tofu, green beans and sauce to each. Serve promptly, without an extra unmeasured peanut or herb garnish.

Green Beans and Tofu in Peanut Sauce

2 small rice meals, each with 125 g (4.4 oz) pouch rice and half the tofu, beans and full peanut sauce | Active 15 min | Cook 8 min | Total 30 min

The full water measure is allocated

The ginger starts with 30 ml water; the sauce receives the other 50 ml, making 80 ml total. There is no extra water taken from the canned-bean brine.

One complete rice portion each

Each bowl receives 125 g from the heated rice pouch and half the full tofu-bean sauce. The rice is an included part of the meal, not a side left to the reader to invent.

Ingredient labels

Ordinary soy sauce often contains wheat. Check tofu, seed-butter and rice labels for additional ingredients or allergens.

A useful detail

The 30-minute planning total allows opening, draining and chopping, 1 minute ginger heating, up to 5 minutes base heating, up to 2 minutes rice heating and serving. The rice heat overlaps the base's 2-minute stand; only one bowl or pouch heats at a time. The formula depends on canned ready-to-eat beans and ready-to-eat tofu, with full label handling for each. Extra temperature-controlled bursts can extend the total.

Another way

Replace peanut butter with 40 g (1.4 oz) smooth sunflower-seed butter, using the same measured sauce water. Check its label for nut cross-contact; soy sauce and tofu remain in the base.

Replace tofu with 250 g (8.8 oz) drained ready-to-eat canned chickpeas. Heat and stir to the same complete base endpoint before the stand.

Keep it well

If saving a portion, divide it into shallow containers and refrigerate quickly, ideally within 1 hour of heating the rice, at 40°F/4°C or below. Use within 24 hours or sooner if the rice label requires it. Eat saved assembled portions cold: the commercially cooked rice already had its reheating stage, so do not reheat it again. Adding peanut sauce does not restart the grain clock.