

THE PLANTBASED KITCHEN



Tofu Marinade

Tofu - Extra Firm
Soy Sauce (1/4 Cup)
Rice Vinegar (1/4 Cup)
Maple Syrup (1/4 Cup)
Sesame Oil (2 Tbsp)
Fresh Ginger (1 inch piece - shredded)

Sauce

Vegan Mayonnaise (1/4 cup)
Sriracha (1 Tsp)
Soy Sauce (1 Tsp)
Hoisin Sauce (1 Tbsp)
Maple Syrup (1 Tsp)

Pickled Veggies

Carrot (1/2 cup - shredded)
Cucumber (1/2 cup - julienne)
Jalapeno (1 - cut into thin rounds)
Rice Vinegar (1/4 Cup)
Granulated Sugar (1 Tsp)
salt (1 Tsp)

Other/Garnish

12 Inch French Baguette/Roll
Grapeseed/Cooking Oil (1 Tbsp)
Fresh Cilantro
Fresh Jalapeno

Serves:
2 to 4

Prep:
10 mins
(pickling - 1 hour)
(marinade 1 hour)

Cook:
5 Mins

Ready:
15 Mins



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Banh Mi

1. Combine and mix together all the tofu marinade ingredients. Press the water from the tofu and cut it into rectangle strips, approximately 1/2in in thickness. Place tofu strips into a deep container and cover it with the tofu marinade - the tofu should be submerged. Leave to marinate for a minimum of 30 minutes - 1 hour or overnight is best for more flavorful tofu.

2. Half your cucumber and julienne into fine matchstick sized pieces. You should have approx 1/2 cup. Measure out 1/2 cup of shredded carrots - if you are using a whole carrot, shred or peel your carrot and julienne into fine matchsticks sized pieces. Cut your jalapeno into thin rounds - deseed for less spice. To make pickles veggies, combine the cut veggies into a jar or container with a lid - add in the vinegar, sugar and salt. Leave to pickle for a minimum of 30 minutes - 1 hour or overnight is best.

3. In a separate bowl, whisk together the ingredients for the sauce.

4. To cook your already marinated tofu - preheat your pan to a medium/medium-high heat and add in the cooking oil - saute each side of the tofu until browned on each side - remove from pan.

5. Cut baguette or roll into half and slice into the side, careful not to cut all the way through.

6. Spread a healthy amount of the sauce into your rolls on both the top and bottom pieces of the bread. Next, add the tofu strips on top of the sauce on the bottom piece of bread, followed by the pickled veggies and fresh cilantro. Add some freshly cut jalapeno for some extra spiciness.

Pro Tip: Double this recipe to have extra sauce, pickled veggies and already marinated tofu in the fridge so all you have to do is grill up your tofu and throw everything together for a quick and easy lunch. The sauce, pickled veggies and tofu are also absolutely delicious to add to any other recipe you make - Banh Mi rice bowls anyone?