Crispy Sesame Tofu Summer Salad

Date : 15-08-2019

Ingredients

- 2 1/2 cups tofu, cubed
- 1 cup cucumber ribbons (use a simple peeler to create ribbons)
- 1/2 cup shredded carrots
- 1/2 cup shredded cabbage
- 1/4 cup rice vinegar
- 3 tbs sesame oil
- 1/2 tbs minced ginger
- 1/2 tbs soy sauce
- 1/2 tbs brown sugar
- 1 tsp salt

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Method

1. Place your tofu cubes in a bowl, and sprinkle with 1 tsp of salt
2. Gently toss the cubes so the salt is evenly distributed (I like doing this part by hand), and allow the tofu to sit for several minutes- you'll notice that some of the moisture from the tofu will accumulate a the bottom of your bowl
3. Strain the tofu, return to the bowl, pour in 1 tbs of sesame oil, and toss until the cubes are evenly coated
4. Heat up 1 tbs of sesame oil in a large skillet
5. Once the oil is hot, pour the tofu cubes into the skillet, ensuring that they're spaced out, and allow them to sit for several minutes (try not to stir too frequently if you want your tofu nice and crisp)
6. While your tofu is cooking, make your dressing by mixing the rice vinegar, remaining sesame oil, minced ginger, soy sauce, and brown sugar together
7. Return to the tofu, and once it's turned golden and crisp, remove it from the heat
8. Pour half of the dressing over the tofu and mix
9. On each plate, arrange 1/2 cup of cucumber ribbons, 1/4 cup of shredded carrots, and 1/4 cup of cabbage
10. Scoop the tofu on top of the salads, and pour the remaining half of your dressing over the top
11. Enjoy!

I created this Crispy Tofu Summer Salad for those really hot days when I gravitate towards meals that are nutrient-dense but light.

The combination of refreshing cucumber, crunchy carrots and cabbage, crispy tofu, and the super light (yet flavor-loaded) dressing, will leave you feeling totally satisfied, but never weighed down.

As an added bonus, the tofu tastes just as great later the same day, or even the next day, and tastes just as good warm as it does cold. The dressing also works amazingly on virtually any steamed vegetables.

So the next summer afternoon when you're wondering what's for lunch, give this salad a go... it's definitely my go-to right now!

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