

MARLEY SPOON



Sesame Kale Salad & Pan-Fried Tofu

with Edamame, Almonds & Mint



20-30min



2 Servings

This refreshingly crisp salad has layers of flavor and texture, plus plenty of protein to make this dinner-worthy. We toss thinly sliced kale, shredded carrots, and fresh mint in a sesame dressing while we fry sesame-crusted tofu to crispy perfection. Warm edamame and crunchy almonds round out this hearty salad—perfect for anytime of day!

What we send

- 1 pkg extra-firm tofu ²
- 3 oz carrots
- 1 bunch curly kale
- 2½ oz edamame ²
- 1 oz roasted almonds ³
- 1 oz panko ⁴
- ¼ oz pkt toasted sesame seeds ¹
- ¼ oz shichimi togarashi ¹
- ¼ oz fresh mint
- 2 oz sesame dressing ^{1,2,4}

What you need

- neutral oil
- apple cider vinegar
- kosher salt & ground pepper

Tools

- box grater
- medium nonstick skillet

Cooking tip

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Allergens

Sesame (1), Soy (2), Tree Nuts (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 38g, Carbs 44g, Protein 34g



1. Drain tofu

Drain **tofu**, wrap in a clean kitchen towel (or paper towel), and gently press to release excess water; cut into ½-inch thick planks. Place on a paper towel-lined surface to drain.



2. Prep veggies

Grate **carrot** on the large holes of a box grater. Strip **kale leaves** from tough stems; discard stems and thinly slice leaves.

Transfer **edamame** to a microwave-safe bowl, cover with a damp paper towel, and microwave until beans are warmed through, 1-2 minutes.

Coarsely chop **almonds**.



3. Coat tofu

In a medium bowl or plate, combine **panko** with **sesame seeds**. Working one at a time, add **tofu planks** to panko mixture and press lightly so panko sticks to tofu. Transfer to a 2nd plate and repeat with remaining tofu. Return tofu to bowl and coat with another layer of panko, pressing lightly to help breading adhere.



4. Fry tofu

Heat **¼-inch oil** in a medium nonstick skillet over medium-high until shimmering. Working in batches so as to not overcrowd the pan, add **tofu** and fry until deeply golden brown, 2-3 minutes per side. Transfer to a paper towel-lined plate and immediately sprinkle with **schichimi togarashi**.



5. Toss salad & serve

Pick **mint leaves** from stems and coarsely chop; discard stems. Toss **kale, carrots**, and **mint** with **sesame dressing** (optionally add **1 teaspoon vinegar** if dressing is too sweet). Season to taste with **salt** and **pepper**.

Transfer **salad** to plates and top with **edamame, almonds**, and **crispy tofu**. Enjoy!



6. Spice it up!

Add some spice to this dish by drizzling on Sriracha or sprinkling it with red pepper flakes.