

DINNERLY



Low-Carb Tofu Bánh Mì Salad

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Of all the ways to eat your veggies, a bánh mì is one of our faves. We're transforming the Vietnamese sandwich into a salad with the help of hoisin-glazed tofu, the high protein staple that has us forgetting all about meat. We've got you covered!

WHAT WE SEND

- 2 radishes
- 2 carrots
- 1 pkg extra-firm tofu ⁶
- 2 oz hoisin sauce ^{1,6,11}
- 2 oz mayonnaise ^{3,6}
- ½ oz chili garlic sauce
- 1 bunch green leaf lettuce

WHAT YOU NEED

- apple cider vinegar (or vinegar of your choice)
- kosher salt & ground pepper
- sugar
- neutral oil

TOOLS

- rimmed baking sheet

ALLERGENS

Wheat (1), Egg (3), Soy (6), Sesame (11).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 710kcal, Fat 53g, Carbs 40g,
Protein 24g



1. Pickle carrots & radishes

Preheat broiler with a rack in the upper third.

Thinly slice **radishes**. Using a vegetable peeler, shave **carrots** into ribbons; cut ribbons in half crosswise.

In a medium bowl, combine **2 tablespoons each of vinegar and water**, **½ teaspoon salt**, and **1 teaspoon sugar**; whisk until sugar is dissolved. Add radish and carrots; toss well to combine. Set aside until ready to serve.



4. Serve

Serve **lettuce** topped with **pickled carrots and radishes** and **glazed tofu**. Drizzle **hoisin** and **spicy mayo** over top. Enjoy!



2. Broil & glaze tofu

Drain **tofu**, then cut into 1-inch cubes. Pat dry with paper towels. Toss on a rimmed baking sheet with **2 tablespoons oil**; season with **salt** and **pepper**.

Broil on upper oven rack until golden-brown and crisp, 7–12 minutes (watch closely as broilers vary). Brush tofu with **2 tablespoons hoisin**. Return to oven and broil until glazed, 1–2 minutes more.



5. ...

What were you expecting, more steps?

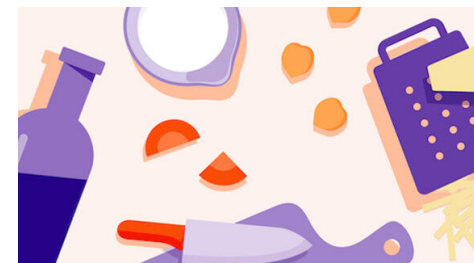


3. Prep sauces & lettuce

Thin **remaining hoisin** with **1 teaspoon water**.

In a small bowl, stir together **mayonnaise** and **chili garlic sauce**.

Trim and discard end from **lettuce**, then chop or tear into bite-sized pieces. Toss in a medium bowl with **1 teaspoon of the pickling liquid**, **1 tablespoon oil**, and a **pinch each of salt and pepper**.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!