



Grilled Tofu Bánh Mì

with Pickled Veggies & Spicy Mayo



20-30min



2 Servings

Let's talk about tofu. First, what is it? To put it simply, it's bean curd. How is it made? Coagulated soy milk is compressed to squeeze out moisture, and the result is a silky block of tofu. Why is it so good? It's a protein packed food with a neutral taste that is perfect for soaking up the sweet and savory teriyaki marinade.

What we send

- 1 pkg extra-firm tofu ⁶
- 2 oz teriyaki sauce ^{1,6}
- 1 carrot
- 1 cucumber
- 1 bag radishes
- garlic
- 2 (1 oz) mayonnaise ^{3,6}
- ½ oz chili garlic sauce
- 2 baguettes ¹
- ¼ oz fresh cilantro

What you need

- sugar
- white wine vinegar (or apple cider vinegar) ¹⁷
- kosher salt & ground pepper
- neutral oil

Tools

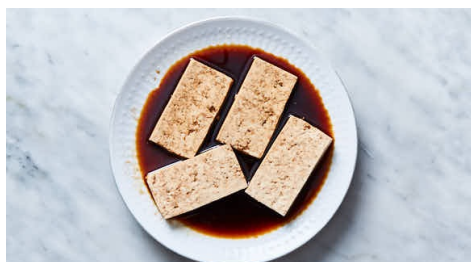
- grill pan or broiler

Allergens

Wheat (1), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 870kcal, Fat 36g, Carbs 107g, Protein 28g



1. Marinate tofu

Drain **tofu**, then cut in half crosswise; cut one half into 4 slabs (save other half for own use). Place on a paper towel-lined plate and pat tofu very dry. In a shallow bowl, whisk together **teriyaki**, **1 tablespoon sugar**, and **1 teaspoon vinegar**. Add tofu and carefully flip to coat. Marinate for 15 minutes, flipping occasionally.



2. Prep vegetables

While **tofu** marinates, trim ends from **carrot** and **cucumber** (peel if desired), then halve each crosswise and cut lengthwise into thin matchsticks. Trim ends from **radishes**, then halve and thinly slice into half-moons.



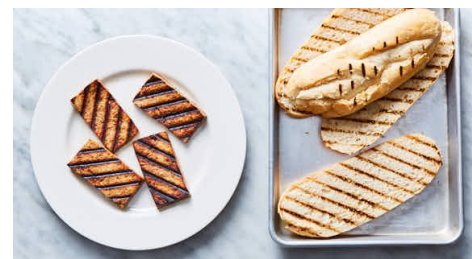
3. Pickle vegetables

In a medium bowl, combine **2 tablespoons vinegar**, **½ teaspoon salt**, **1 tablespoon oil**, and **2 teaspoons sugar**. Add **carrots**, **cucumbers**, and **radishes**; toss to combine.



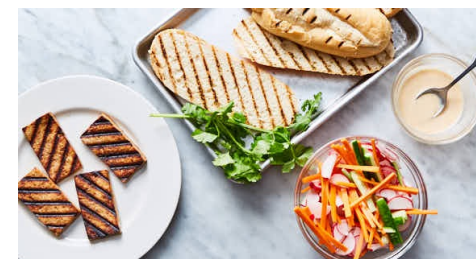
4. Make spicy mayo

Heat a grill pan over high, if using. Alternatively, heat broiler with rack in top position. Finely chop **1 teaspoon garlic**. In a small bowl, stir together **mayonnaise**, **garlic**, and **chili-garlic sauce** (depending on heat preference). Season to taste with **salt** and **pepper**.



5. Grill tofu & bread

Lightly **oil** grill pan or a rimmed baking sheet. Remove **tofu** from marinade, and pat dry. Reserve marinade. Grill or broil tofu until crisp and charred in spots, 2-3 minutes per side. Split **baguettes**, if necessary. Grill or broil baguettes until lightly charred, about 2 minutes per side (watch closely).



6. Assemble & serve

Spread **spicy mayo** on cut sides of **baguettes**. Sandwich **grilled tofu** between baguettes and top with **some of the pickled veggies**. Drizzle with **some of the reserved marinade** and top with **cilantro**. Serve **remaining pickled veggies** on the side. Enjoy!