

MARLEY SPOON



Crispy Gingerly Tofu

with Miso Mustard Slaw



20-30min



2 Servings

This protein-packed bowl is proof that vegan cooking can be both flavorful and fast. The star of this dish is tofu, and the trick to crispy tofu is simple— broil it! The high heat gives the tofu a delightful crust without the messy stovetop frying. After tossing the tofu with tamari sauce, we serve it over jasmine rice with crunchy cabbage slaw, and with a sprinkle of fresh scallions and toasted sesame seeds on top.

What we send

- 5 oz jasmine rice
- 1 oz fresh ginger
- scallions
- 14 oz extra-firm tofu ¹
- 4 oz tamari soy sauce ¹
- 2 pkts Dijon mustard
- 1 pkt miso sauce ^{2,1,3}
- 1 oz maple syrup
- 14 oz shredded cabbage blend
- ¼ oz pkt sesame seeds ⁴

What you need

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

Tools

- small pot
- microplane or grater
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 980kcal, Fat 56g, Carbs 85g, Protein 41g



1. Cook rice

In a small pot, combine **rice, 1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



2. Prep ingredients & sauce

Finely grate **ginger** (no need to peel). Trim **scallions**, then thinly slice about ¼ cup. Drain **tofu** and gently pat dry to remove excess water; cut into 1-inch cubes. In a medium bowl, combine **tamari, half of the grated ginger, 2 tablespoons each of oil and vinegar**, and **2 teaspoons sugar**. Season sauce to taste with **pepper** and set aside until step 5.



3. Prep slaw

In a large bowl, whisk to combine **all of the Dijon mustard, remaining grated ginger, ¼ cup oil, 2 tablespoons each of vinegar and miso sauce**, and **2 teaspoons maple syrup** (or more to taste). Add **shredded cabbage blend** and toss until well to coat. Season to taste with **salt**.



4. Broil tofu

Preheat broiler with top rack 6 inches from heat source. Line a rimmed baking sheet with foil, then lightly drizzle with **oil**. Arrange **tofu** in a single layer on baking sheet and drizzle lightly with **oil**. Broil on top rack until browned in spots, 8-12 minutes (watch closely as broilers vary).



5. Finish tofu & slaw

Brush **tofu** with **half of the sauce**. Continue to broil until lightly browned, 1-2 minutes more. Add **half each of the sliced scallions and sesame seeds to slaw** and toss to combine.



6. Finish & serve

Fluff **rice** with a fork. Transfer **rice** to bowls and top with **tofu**. Drizzle **remaining sauce** over and sprinkle **remaining sliced scallions and sesame seeds** on top. Serve **slaw** alongside. Enjoy!