

Asian Cabbage Salad with Pan-Seared Tofu Steaks



INGREDIENTS (Serves 4-6)

Salad

- ½ pound green cabbage, shredded
- ½ pound bok choy, sliced thin
- ½ cup shredded carrots (1 large carrot)
- 2 teaspoons arame seaweed, rehydrated and drained (optional)
- ½ cup toasted almonds, slivered or sliced

Dressing

- 1½ tablespoons minced ginger
- 3 tablespoons sugar
- ⅔ cup rice vinegar
- 1 teaspoon salt
- Pinch xanthan or guar gum (optional)

Seared Tofu

- 2 8-ounce packages tofu steaks, pre-marinated (Asian flavored)
- 2 tablespoons tamari soy sauce
- 1 tablespoon vegetable oil

PREPARATION

1. In a large mixing bowl, mix together the Salad ingredients. Set aside.
2. In a separate bowl, mix together Dressing ingredients. Pour dressing over the cabbage mix. Toss until well coated. Set aside.
3. In a wide-bottom non-stick skillet, heat 1 tablespoon of vegetable oil over medium low heat. Lay the tofu steaks into the oil and sear well, then flip. Splash with tamari sauce, shake the pan and sear the tofu until it begins to turn dark/caramelize.
4. Flip tofu and finish, being careful not to burn the pan dry. (Note: Add a dash more tamari if needed, but be aware of the saltiness if you are using packaged tofu that already uses tamari in its marinade.)
5. Serve one 3-ounce portion of seared tofu per person with the cabbage salad.

RUSH HOUR RECIPES

Asian Cabbage Salad with Pan-Seared Tofu Steaks

SHOPPING LIST

Produce

Green cabbage
Bok choy
Carrots
Fresh ginger
Arame seaweed

Grocery

Slivered or sliced almonds
Vegetable oil
Rice vinegar
Xanthan gum
Tamari sauce
Sugar

Refrigerated/Frozen

Tofu

Spices/Seasonings

Salt

SERVING SUGGESTION

Goes great with sesame or Szechuan-style green beans, wontons or a side of red or japonica rice.

NUTRITIONAL INFORMATION

Per Serving: 223 calories, 18 g fat, 0 mg cholesterol, 7 g carbohydrates, 4 g dietary fiber, 21 g protein 638 mg sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Davis Food Co-op, Davis, California

