



HOISIN GLAZED TOFU BANH MI

with Rainbow Slaw

VEGGIE



HELLO BANH MI

Banh Mi is a popular Vietnamese sandwich with a French flair

TIME: 35 MIN



Extra-Firm Tofu



Carrot, julienned



Mini Cucumber



Mayonnaise



Red Cabbage, shredded



Cilantro



Rice Vinegar



French White Baby Batard



Hoisin Sauce



Sesame Seeds

BUST OUT

- Baking Sheet
- Paper Towel
- Large Non-Stick Pan
- 2 Small Bowls
- Measuring Spoons
- Baking Sheet
- Measuring Cups
- Strainer
- 2 Medium Bowls
- Salt and Pepper
- Sugar (2 tsp | 4 tsp)
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Extra-Firm Tofu **4** 200 g | 400 g
- Carrot, julienned 56 g | 113 g
- Mini Cucumber 66 g | 132 g
- Mayonnaise **3,6,9** 2 tbsp | 4 tbsp
- Red Cabbage, shredded 113 g | 227 g
- Cilantro 7 g | 14 g
- Rice Vinegar ¼ cup | ½ cup
- Demi Baguette **1** 2 | 4
- Hoisin Sauce **1,4,8** 2 tbsp | 4 tbsp
- Sesame Seeds **8** 1 tbsp | 2 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0** Seafood/Fruit de Mer
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites
- 10** Crustacean/Crustacé
- 11** Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG



Preheat your broiler to **high** (to broil tofu and baguette).



1 PICKLE VEGGIES Wash and dry all produce.* Cut **cucumber(s)** in half lengthwise, then thinly slice into ¼-inch half moons. Heat a large non-stick pan over medium heat. When pan is hot, add **cucumbers, carrots, cabbage, vinegar, ¼ cup water** (dbl for 4 ppl), **2 tsp sugar** (dbl for 4 ppl) and **½ tsp salt** (dbl for 4 ppl). Cook, stirring often, until **veggies** are tender-crisp, 3-4 min. Transfer **pickled veggies**, along with **liquid**, to a medium bowl. Transfer to the fridge and set aside. Wipe pan clean.



4 TOAST BAGUETTE In another small bowl, stir together **mayo** and **half the cilantro**. When **tofu** is golden-brown, transfer to another medium bowl. Add **hoisin sauce** and stir to coat. Sprinkle over **toasted sesame seeds** and stir to coat. Set aside. Cut **each baguette** in half lengthwise. Arrange on the same baking sheet cut-side up. Toast in **middle** of oven, until lightly golden-brown, 2-3 min. (**TIP:** Keep an eye on your bread so that it doesn't burn!)



2 COAT TOFU Pat **tofu** dry with paper towel, then cut into ½-inch slices. Cut **each slice** in half lengthwise. Season with **salt** and **pepper**. On a baking sheet, toss **tofu** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Broil in **middle** of oven, flipping halfway through cooking, until golden-brown, 9-10 min.



5 ASSEMBLE BANH MI Drain **pickled veggies** and return to the same medium bowl. Spread **cilantro-mayo** over bottom **baguette buns**. Top with **hoisin glazed tofu** and **half the pickled veggies**. Add **1 tbsp oil** (dbl for 4 ppl) and **remaining cilantro** into bowl with **remaining pickled veggies**. Season with **salt** and **pepper**, then toss together.



3 TOAST SESAME Meanwhile, heat same pan over medium heat. When pan is hot, add **sesame seeds** to dry pan. Toast, stirring occasionally, until golden, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a small bowl and set aside. Roughly chop **cilantro**.



6 FINISH AND SERVE Divide **hoisin glazed tofu banh mi** and **rainbow slaw** between plates.

SOUR POWER!

Quick-pickled veggies are great on everything from sandwiches to tacos.