



CRISPY TOFU SALADS

WITH CREAMY ALMOND DRESSING

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 45 minutes

Easy, oven-baked tofu that's golden and crisp without any frying! This tofu and the creamy almond dressing are definitely the stars of the show in these crispy tofu salads.



TOFU AND VEGGIES

- 450g firm tofu (1lb)
 - 1 1/2 Tbsp olive oil
 - 1 1/2 Tbsp soy sauce
 - 1 Tbsp cornflour
 - 1 head of broccoli
 - 1/4 cup roasted almonds (40g)
 - 1 large carrot
 - 1 red capsicum
 - 1 cup shredded red cabbage
 - 40g baby spinach (1.4oz)
 - Handful fresh coriander
- optional*

RICE

- 3/4 cup brown rice (150g)
- 2 tsp vegetable stock powder
- 1 1/3 cups boiling water (330ml)

SAUCE

- 1/4 cup almond butter
- 1/4 cup lite coconut milk* (60ml)
- 1 1/2 Tbsp lemon juice
- 1 Tbsp honey
- 1 Tbsp soy sauce

1. Preheat oven to 190°C (375°F) fan bake. Line two large oven trays with baking paper.
2. **PREPARE TOFU AND RICE**
Drain tofu. Gently squeeze with your palms to remove excess water. Cut into 1cm (0.4in) cubes and place in a single layer on paper towels. Place more towels on top. Weigh down with a chopping board. Leave for 10 minutes.
3. Meanwhile, rinse rice. In a large non-stick pot, dissolve stock powder in boiling water. Bring to the boil, stir in rice and reduce to a simmer. Cover with a lid and cook for 30 minutes. Once cooked, remove from heat and leave to rest for 5 minutes (don't remove the lid).
4. While rice cooks, place tofu cubes in a resealable bag or container. Add 1 tablespoon each of olive oil and soy sauce and shake gently to coat. Add cornflour, season with pepper and shake again. Place tofu in a single layer on one of the prepared trays and bake for 25 minutes, until golden and crisp on the outside.
5. **COOK BROCCOLI**
Cut broccoli into florets. Place on other tray and drizzle with remaining 1/2 tablespoon each of olive oil and soy sauce. Season with pepper and toss with your hands to coat. Place in oven with tofu and cook for 15-20 minutes. You can add almonds to broccoli for the last few minutes of cooking to crisp them up, if you like.
6. **PREPARE VEGGIES AND SAUCE**
Cut carrot into matchsticks and capsicum into strips. Whisk together all sauce ingredients and season to taste with salt and pepper.
7. **SERVE**
Fluff up rice with a fork. Divide rice, broccoli, carrot, capsicum, cabbage and spinach between individual serving bowls. Top with tofu, almonds and a generous drizzle of sauce. Garnish with fresh coriander, if using.

*Shared with chicken and bacon pancakes recipe.



WINE MATCH: An off-dry Riesling.

CRISPY TOFU SALADS RECIPE NOTES

GLUTEN-FREE OPTION: Make sure you use gluten-free soy sauce and cornflour. Choose a gluten-free stock powder.

MAKE IT VEGAN: Swap the honey for maple syrup.

TOFU NOTE: Unfortunately tofu doesn't seem to come in family-sized blocks! 450g (1lb) is the ideal amount for four serves; however, tofu generally seems to be sold in 300g (10.6oz) blocks. If you don't have any use for the leftover tofu, just cook two whole blocks (add an extra teaspoon each of soy sauce, olive oil and cornflour). Alternatively, for a lighter meal, reduce the quantity to one block.

INGREDIENT SWAPS: If you're not keen on tofu, try cubed boneless, skinless chicken thighs instead. Follow the same instructions for the tofu, minus the water removal stage. Peanut butter can be used instead of almond butter. You could use regular milk instead of coconut milk if you're not making this as part of the weekly menu.

STORING AND REHEATING: You can store individual portions in airtight containers and warm the whole salad in the microwave. Alternatively, store tofu, rice and broccoli together and reheat in the microwave before combining with other salad ingredients. Note that the tofu won't be crisp unless it is reheated in the oven.