

UCCOOK

Tofu Banh Mi

with pickled cucumber, radish & fresh coriander

A delicious Asian-inspired pickled vegetable and fried tofu sandwich. Fresh baguettes are filled with lime and soy-marinated tofu slabs and a zingy radish, cucumber and carrot mini salad, all doused in a spicy sriracha mayo!


Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Ella Nasser

 Veggie

 Boschendal | 1685 Sauvignon Blanc

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Ingredients & Prep

45ml	Rice Wine Vinegar
2	Limes <i>1½ zested & cut into wedges</i>
60g	Radish <i>rinsed & sliced into thin rounds</i>
300g	Cucumber <i>cut into matchsticks</i>
360g	Carrot <i>rinsed, trimmed & cut into matchsticks</i>
45ml	Low Sodium Soy Sauce
45ml	Sesame Oil
330g	Non-GMO Tofu <i>drained & sliced into 1cm thick slabs</i>
15ml	Sriracha
85ml	That Mayo (Vegan)
3	Baguettes
12g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey
Butter (optional)

1. PICKLE PARTY Preheat the oven to 200°C. In a bowl, add the vinegar, the juice of 3 lime wedges, and a sweetener of choice (to taste). Mix until the sweetener is fully dissolved. Add the radish rounds and the cucumber and carrot matchsticks. Toss until fully coated and set aside to pickle.

2. TOFU TIME In a bowl, combine the soy sauce, sesame oil, and lime zest (to taste). Add the tofu slabs and set aside to marinate. In a separate bowl, combine the sriracha (to taste) and the mayo. Add water in 5ml increments until a drizzling consistency.

3. BAGUETTES, BABY! Sprinkle the baguettes with water and place on a baking tray. Pop in the hot oven for 2-5 minutes until warmed through. On completion, remove from the oven and carefully cut the baguettes in half lengthwise. Place a pan over medium heat with a drizzle of oil or a knob of butter. When hot, add the baguette halves, cut-side down, and toast for 2-4 minutes until golden.

4. GOLDEN TOFU Return the pan to a medium-high heat with a drizzle of oil. When hot, remove the tofu from the marinade (reserving any remaining marinade in the bowl) and place in the pan. Fry for 2-3 minutes per side until golden and starting to crisp. Remove from the pan on completion and season to taste.

5. BORN READY FOR THIS BANH MI! To make your sandwich: smear the bottom baguette half with the spicy mayo (to taste). Top with the crispy tofu and some of the pickled veg. Sprinkle over the chopped coriander and close it up with the other baguette half. Side with any leftover veg, any remaining lime wedges, and any remaining marinade for dunking. Enjoy!

Nutritional Information

Per 100g

Energy	591kJ
Energy	141Kcal
Protein	4.9g
Carbs	18g
of which sugars	2.7g
Fibre	1.7g
Fat	5.8g
of which saturated	1.1g
Sodium	269mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within
4 Days