

Crispy Tofu Banh Mi Bowl

Web Recipe · Lunch · GF

445 cal · 24g protein · 48g carbs · 18g fat · 4 servings

Ingredients

- 1 block (14 oz) extra-firm tofu pressed and sliced into strips
 - 2 tbsp soy sauce
 - 1 tbsp rice vinegar
 - 1 tbsp maple syrup
 - 1 tsp sriracha
 - 2 tbsp cornstarch
 - 1 tbsp vegetable oil
 - 2 cups cooked jasmine rice
 - 1 large carrot julienned
 - 1/2 daikon radish julienned
 - 1 large cucumber thinly sliced
 - 1 medium jalapeno sliced
 - 1/4 cup fresh cilantro
 - 1/4 cup fresh mint
 - 2 tbsp crushed peanuts
-

Instructions

1. Quick pickle: whisk rice vinegar, sugar, and salt. Toss with julienned carrot and daikon. Refrigerate at least 20 minutes.
 2. Marinate tofu strips in soy sauce, rice vinegar, maple syrup, and sriracha for 15 minutes.
 3. Coat marinated tofu in cornstarch. Heat oil in a skillet and cook 3-4 minutes per side until very crispy.
 4. Cook jasmine rice according to package directions.
 5. Assemble bowls: divide rice among bowls. Top with crispy tofu, pickled vegetables, sliced cucumber, and jalapeño.
 6. Garnish with fresh cilantro, mint, and crushed peanuts.
 7. Serve with sriracha mayo (mix vegan mayo with sriracha).
-

Generated by Meal Planner · Per serving macros