

Kale, Couscous and Tofu Salad With Carrot-Ginger Dressing

By Hetty Lui McKinnon

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Total Time 30 minutes
Prep Time 15 minutes
Cook Time 15 minutes
Rating ★ ★ ★ ★ ★ (438)

This satisfying no-cook salad demonstrates that taking cooking shortcuts need not come with any compromise when it comes to taste. Shortcut number one: You can skip massaging the kale; tearing it vigorously softens the leaves sufficiently. Shortcut number two: Save time with store-bought baked tofu, as it has been pre-cooked, which results in a firmer texture that stands up well in salads. And, lastly, shortcut three: Rather than actively monitoring couscous on the stovetop, you can simply season it and rehydrate in boiling water (or even hot vegetable stock, for even more flavor). The punchy, golden-hued carrot and ginger dressing takes cues from the simple salads served at Japanese American restaurants. This version adds miso, which softens the heat of the ginger.

INGREDIENTS

PREPARATION

Yield: 4 servings

FOR THE COUSCOUS AND SALAD

1 cup couscous
Extra-virgin olive oil
Salt and black pepper
1 cup boiling water
½ small bunch kale leaves,
tough stems discarded
1 (7- to 8-ounce) package

baked tofu, sliced or cut into 1-inch cubes

Big handful cilantro leaves

FOR THE CARROT-GINGER DRESSING

¼ cup extra-virgin olive oil

1 medium carrot, coarsely grated

2 tablespoons rice vinegar

1 heaped tablespoon white (shiro) miso paste

1 (1-inch) piece fresh ginger, peeled and coarsely grated

1 garlic clove, coarsely grated

1 teaspoon sugar

Step 1

Prepare the couscous: Place the couscous into a large heatproof serving bowl, add 1 tablespoon of olive oil and ½ teaspoon of salt. Stir to coat the grains. Pour over the boiling water, immediately cover the bowl and let stand for 10 minutes while you prepare the other ingredients.

Step 2

Make the dressing: Place the olive oil, carrot, rice vinegar, miso, ginger, garlic, sugar and 2 tablespoons of water into a small blender or food processor. Purée until the mixture is completely smooth. If it looks too chunky, add a little bit more water and blend again. Taste and season with salt and pepper.

Step 3

Finish the salad: Fluff the couscous with a fork to separate the grains. Tear the kale vigorously into small pieces and scatter on top. Drizzle the kale with a little olive oil, season the leaves with salt and pepper and then toss the kale and couscous together. Add the tofu and half of the dressing and toss until well combined. Taste and season with salt and pepper.

Step 4

To serve, dollop the remaining dressing on top, and scatter over the cilantro leaves. Finish with a final drizzle of oil.

Private Notes

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