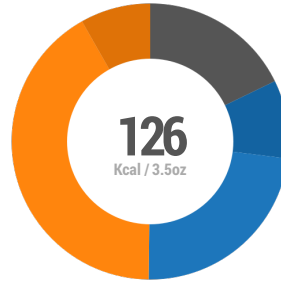


Tofu Banh Mi Bowl

By Ashlyn Housewright

Overview ...

U / 5485702



CALORIES:
32.4% Carbs
17.8% Protein
49.8% Fat

Food Labelling...

US Label values per 3.5oz

Serves **2**

	PER 3.5OZ	%DV	PER 14.4OZ SERVING	%DV
Calories	130 kcal	7%	510 kcal	26%
Total Fat	7 g	9%	28 g	36%
<i>Saturated Fat</i>	1 g	5%	4.5 g	23%
<i>Trans Fats</i>	0 g	-	0 g	-
Cholesterol	5 mg	2%	10 mg	3%
Sodium	150 mg	7%	600 mg	26%
Total Carbohydrate	12 g	4%	49 g	18%
<i>Dietary Fiber</i>	2 g	7%	10 g	36%
Total Sugars	3 g	-	12 g	-
Added Sugars	-	-	-	-
Protein	6 g	12%	23 g	46%
Vitamin D	0 ug	0%	0 ug	0%
Calcium	60 mg	4%	220 mg	15%
Iron	0.9 mg	4%	3.6 mg	20%
Potassium	135 mg	2%	550 mg	10%

CONTAINS:



WHEAT



TREE NUTS



PEANUTS



EGGS



SOY

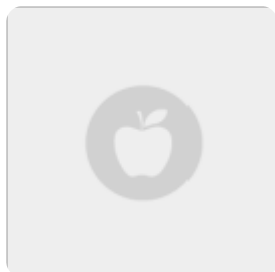
Modifiers & Properties...






$$\begin{array}{ccccccc}
 \text{1.8lb} & \times & \text{1} & = & \text{1.8lb} & / & \text{2} & = & \text{14.3oz} \\
 \text{TOTAL WEIGHT} & & \text{WEIGHT CHANGE FACTOR} & & \text{WEIGHT AFTER COOKING} & & \text{SERVINGS} & & \text{PER SERVING}
 \end{array}$$

Recipe Ingredients ...	Quantity:	Description:
Cabbage, red, raw - US15	3oz	0.19 small cabbage
Carrots, raw - US15	3.9oz	1 cup grated
Coriander (cilantro) leaves, raw - US15	0.1411oz	0.25 cup
Cucumber, with peel, raw - US15	2oz	0.48 cup, sliced
LARGE FLAKE NUTRITIONAL YEAST - US-B	0.5291oz	1/4 cup
Light mayonnaise - US-B	0.9877oz	2x Tbsp
MIXED GREENS - US-B	3oz	0.37 cup
Onions, young green, tops only - US15	0.2116oz	1 tbsp
Peanuts, all types, dry-roasted, without salt - US15	2oz	2 oz
Peppers, jalapeno, raw - US15	0.4938oz	1 pepper
Rice noodles, cooked - US15	6.2oz	1 cup
Seeds, sesame seeds, whole, dried - US15	0.1411oz	1 teaspoon
SLICED RED RADISH - US-B	0.48oz	2.72 PIECES
SRIRACHA SAUCE - US-B	0.5291oz	1 Tbsp
THE GINGER PEOPLE, ORGANIC MINCED GINGER - US-B	1.1oz	2 Tbsp
TOFU BAKED MARINATED BAKED TOFU - US-B	4oz	2 PIECE

Products / Pack Sizes ...

1 Serving



 **Product code**
 **Barcode**
 **14.3oz / 529kcal**
 **Serving per pack**
 **Net pack weight**

Cooking Instructions & Notes

- 1. Prepare the Crispy Tofu:** Preheat the oven to 375F. Dice the pressed Tofu into 1/2" cubes, then add to a medium bowl. Add the Nutritional Yeast to the bowl, and mix well until the Tofu is evenly coated.
- Drizzle the Rice Wine Vinegar and the sesame oil over the Tofu, and stir well. Sprinkle nutritional flakes, Add the Tofu to a greased or lined Baking Sheet and bake for 15 minutes, flip, and then another 15-17 minutes.
- 3. Make your Pickled Veggies:** While the Tofu is Cooking, wash and prepare all of your Vegetables cut them all into 1/4" slice strips then place them all in a medium bowl. Bring the Vinegar, Agave Nectar, and Salt to a boil in a medium saucepan, then pour this liquid over the Vegetables. Carefully press the Vegetables down so they are fully submerged in the liquid, and let cool. Store any leftovers in the fridge in the pickling brine for up to 2 weeks.
- 4. Cook the Rice Noodles:** according to the package instructions, then drain and rinse.

5. **Assemble the Bowls:** add Mixed Greens to each bowl, then divide the Rice Noodles and Crispy Tofu evenly. Top with the Pickled Veggies, Radishes, Cucumber, Cilantro, a drizzle of **Creamy Sriracha Dressing**, and some Toasted Cashews.