



Vietnamese Fresh Vermicelli Tofu Salad

Instructions

Serves: 6

Tofu:

1. Preheat oven to 425F.
2. Cut tofu into cubes, toss with the 2 tablespoons cornstarch until mixed well.
3. Place onto parchment lined baking sheet.
4. Place into oven until golden brown ~ 20-30 minutes.
5. Remove tofu, place into a small pan with lemongrass, soy sauce, and maple syrup.
6. Heat tofu until all sauce is absorbed.

Noodles:

1. Bring a pot of water to a boil and turn off the heat.
2. Place vermicelli noodles into pot. Cover and let soak for 8 minutes.
3. Drain, rinse well with cold water, place in a bowl, and then cut with scissors into manageable lengths.

Make sauce:

1. Mix all the sauce ingredients together in a bowl and set aside.

Assembly:

1. Fill the bottom of each bowl with lettuce and cabbage.
2. Add noodles and then top with cucumber and carrots.
3. Add tofu cubes on top.
4. Drizzle with the sauce and top with cilantro, Thai basil, mint, and chopped peanuts.

Ingredients

Tofu:

- 1lb firm tofu
- 2 Tablespoons cornstarch
- 2 stalks lemongrass, white part only, sliced thinly and chopped in a mini food processor
- ¼ cup low sodium soy sauce
- 2 Tablespoons maple syrup
- 16 oz. package of rice vermicelli

Vegetables:

- Red lettuce, sliced into thin strips
- Purple cabbage, sliced into thin strips
- Cucumber – seeded and sliced into thin strips
- Carrots- julienned into thin strips, then placed into a mixture of 2 tablespoons vinegar and 2 tablespoons sugar or maple syrup for 20 minutes. This is for a quick pickle to tenderize the carrots
- Cilantro – minced
- Thai basil, cut into strips
- Mint, cut into strips
- ½ cup chopped roasted peanuts

Dressing:

- ¼ cup sugar or maple syrup
- 1/3 cup low-sodium soy sauce
- ¼-1/3 cup lime juice
- 1 clove garlic, minced
- ¼ teaspoon red pepper flakes