

# Cool Long Bean & Tofu Salad

*with Mizuna & Miso-Soy Vinaigrette*

In this Japanese-inspired dinner, we're combining blanched long beans and mizuna (a peppery green) with crispy, browned tofu. And we're coating the salad in a unique vinaigrette, made with sesame oil, sweet soy glaze (a thick, soy-based sauce) and savory white miso paste. To suit the summer weather, we're serving the salad slightly cool—chilling the blanched long beans before assembling the salad (a process that also prevents them from overcooking and sets their color). Finally, a garnish of chopped cashews adds crunchy texture and earthy flavor.



## Ingredients

- 1 14-Ounce Package Extra Firm Tofu
- 6 Ounces Long Beans
- 3 Ounces Mizuna
- 2 Scallions

## Knick Knacks

- 2 Tablespoons Rice Vinegar
- 2 Tablespoons Soy Glaze
- 1 1-Inch Piece Ginger
- 1 Tablespoon Sesame Oil
- ¼ Cup Cashews
- ¼ Cup White Miso Paste
- 1 Teaspoon Long Bean & Tofu Spice Blend  
*(Black Sesame Seeds, White Sesame Seeds, Crushed Aleppo Pepper & Dried Orange Peel)*

**Makes 2 Servings**

**About 555 Calories Per Serving**

**Prep Time: 10 min | Cook Time: 15 to 25 min**



1



### Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Drain the tofu; pat dry with paper towels. Cut the tofu lengthwise into 6 planks; cut the planks crosswise into 2-inch-long pieces. Cut off and discard the ends of the long beans; cut into thirds. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Peel and mince the ginger. Roughly chop the cashews.

2



### Make the miso-soy vinaigrette:

In a medium bowl, whisk together the **vinegar, soy glaze, sesame oil, miso paste** and **2 tablespoons of water** until smooth.

3



### Cook & dress the tofu:

In a large pan (nonstick, if you have one), heat 2 teaspoons of oil on medium-high until hot. Add the **tofu**; season with salt and pepper. Cook, turning occasionally, 7 to 9 minutes, or until browned on all sides. Add the **ginger** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until softened and fragrant. Transfer to a large bowl. Toss with the **spice blend** and **half the miso-soy vinaigrette**. Season with salt and pepper to taste.

4



### Blanch the long beans:

While the tofu cooks, fill a medium bowl with ice water and set aside. Add the **long beans** to the pot of boiling water. Cook 2 to 4 minutes, or until bright green and slightly tender. Drain thoroughly and transfer to the bowl of ice water. Let stand until cool, then drain thoroughly and pat dry with paper towels.

5



### Dress the mizuna & long beans:

In a large bowl, combine the **mizuna** and **blanched long beans**. Add as much of the **remaining miso-soy vinaigrette** as you'd like; toss to combine. Season with salt and pepper to taste.

6



### Finish & plate your dish:

Divide the **dressed mizuna and long beans** between 2 plates. Top with the **dressed tofu**. Garnish with the **green tops of the scallions** and **cashews**. Enjoy!