

Tofu Bánh Mì

with Napa Cabbage & Peanut Salad

“Bánh mì” is the Vietnamese name for a special kind of bread that was first made in the region during the late 1800’s. Borrowing heavily from French baking traditions, these baguette-like loaves are crusty on the outside and fluffy on the inside, making them perfect for sandwiches. In this recipe, you’ll stuff them with spiced tofu, two kinds of fresh, crispy pickles and aromatic herbs.



Ingredients

- 1 Bunch Cilantro
- 1 Carrot
- 1 Mini Cucumber
- 1 Package Firm Tofu
- ¼ Head Red Cabbage
- 2 Tablespoons Rice Vinegar
- 2 Tablespoons Peanut Butter
- 2 Tablespoons Soy Sauce
- 2 Teaspoons Sesame Oil
- 2 Teaspoons White Sesame Seeds
- 2 Bánh Mì Rolls
- 2 Tablespoons Mayonnaise
- 1 Tablespoon Sriracha
- 1 Tablespoon Bánh Mì Spice Rub (Coriander, Cumin, Cardamom, Ginger, Garlic, Cinnamon, Chili, Nutmeg, Mace & Paprika)

Makes 2 Servings

About 620 Calories Per Serving

Instructions



1

Prepare the ingredients:

Preheat the oven to 375°F. Wash and dry the fresh produce. Pick the cilantro leaves off the stems. Peel and cut the carrot into thin matchsticks. Slice the cucumber into thin rounds. Drain the tofu, then press out any excess moisture; slice into 8 planks and toss with **as much of the Banh Mi spice blend as you'd like**, depending on how spicy you'd like the sandwiches to be. Remove and discard the core of the cabbage; chop the head into 1-inch pieces.



2

Pickle the carrot & cucumber:

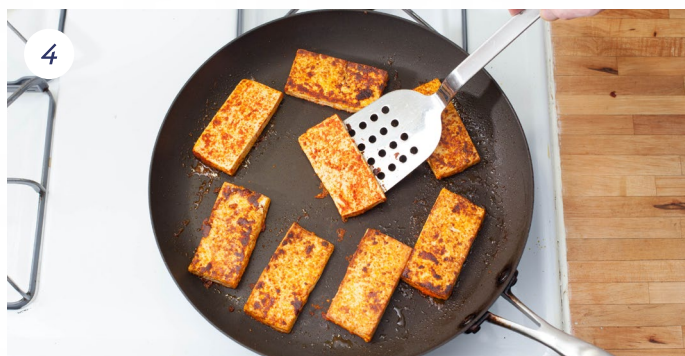
In a small pot, combine the **rice vinegar**, **½ cup of water** and a **pinch of salt**. Heat to boiling on high. Once the mixture starts to boil, remove from heat and add the **carrots** and **cucumber** to the pot. Cover and set aside.



3

Make the cabbage salad:

In a large bowl, add the **peanut butter**, **soy sauce**, **sesame oil** and **sesame seeds**. Mix to thoroughly combine. Add the **cabbage** and toss to thoroughly coat. Season with salt and pepper to taste.



4

Cook the tofu:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **seasoned tofu** and cook 3 to 5 minutes per side, or until browned and caramelized. Remove from heat and transfer to a plate.



5

Toast the rolls & make the sauce:

Place the **Bánh Mi rolls** on a sheet pan (or directly on the oven racks) and toast 4 to 6 minutes, or until crispy on the outside and warmed through. While the rolls toast, in a small bowl, combine the **mayonnaise** and **as much sriracha as you'd like**, depending on how spicy you'd like the sauce to be; season with salt and pepper to taste.



6

Assemble the sandwiches:

Slice the **toasted rolls** lengthwise and spread **half of the sauce** inside each roll. Lay **half of the seared tofu** inside each roll. Drain the carrots and cucumber thoroughly. Stir **half of the pickled carrots** into the **cabbage salad**. Divide the **remaining pickled carrots and cucumber** between the two sandwiches. Garnish with the **cilantro**. Serve the sandwiches with a side of the cabbage salad. Enjoy!