

Crispy Tofu Salad

Equipment needed –

Small bowl, whisk, measuring spoons, 2 baking trays, baking paper, paper towel, small knives, chopping board, 2 medium saucepans, colander and 3 serving bowls.

Ingredients from the Garden –

- 800 grams of broccoli
- 300 grams of snow peas
- 2 Lebanese cucumbers

Ingredients from the Pantry –

- 2 x 500 gram packets of firm tofu
- 2 tablespoons of vegetable oil
- 2 tablespoons of sesame seeds
- 1 tablespoon black sesame seeds

Miso Dressing

- 4 tablespoons of miso paste
- 4 tablespoons of miso
- 2 tablespoons of rice wine vinegar
- 1 teaspoon of sesame oil

What to do –

1. Preheat the oven to 200 ° C.
2. Cut the tofu into thin sticks and pat dry on paper towel.
3. Line 2 baking trays with baking paper. Place the tofu on baking trays, brush with oil and sprinkle with the sesame seeds (white). Bake for 25 minutes until the tofu is crisp and golden.
4. Meanwhile, bring 2 medium sized saucepans filled with water to the boil.
5. Wash and chop the cucumbers into thin slices. Then wash and chop the broccoli into pieces.
6. Wash and string the snow peas.
7. When the water is boiling, cook the snow peas for 3 minutes then drain in a colander over the sink. Run cold water over the snow peas to stop them from cooking any further.
8. When the water is boiling, cook the broccoli for 3 minutes then drain in a colander over the sink. Run cold water over the snow peas to stop them from cooking any further.
9. To make the miso dressing, measure out 4 tablespoons of miso paste, 4 tablespoons of mirin, 2 tablespoons of rice wine vinegar and sesame oil into a small bowl and whisk well to combine. Set aside.
10. Divide the broccoli, snow peas and cucumber between 3 serving platters. Spoon the dressing over the salad and sprinkle with the black sesame seeds. Top each salad with the crispy tofu to serve.

Serves –

- 28 students.