

Asian Crunch Salad (High Protein)

Prep: 10 minutes • Cook: 15 minutes

Crisp, peanut-slicked shredded tofu and a riot of crunchy cabbage, kale, and herbs are tossed in a bright lime-tamari vinaigrette for a fresh, bold, and satisfying meal salad.

Ingredients

- 1 lb extra-firm tofu (shredded on large holes of a box grater)
- 4 tablespoons grapeseed oil (divided)
- 3 tablespoons peanut butter (natural, smooth)
- 4 tablespoons tamari (divided)
- 2 tablespoons hot water
- 6 teaspoons honey (divided)
- 1 teaspoon sriracha
- 3/4 teaspoon garlic powder (divided)
- 1 lime (zested and juiced)
- 2 tablespoons rice vinegar
- 4 cups cabbage (finely chopped (green and/or red))
- 2 cups kale (finely chopped)
- 2 cups carrot (finely chopped)
- 1/2 cup cilantro (chopped)
- 3 scallions (green onions) (sliced)
- 1/4 cup roasted peanuts (chopped)
- 1/4 cup fried shallots

Instructions

1. Shred the tofu on the large holes of a box grater.
2. Heat 1 tablespoon grapeseed oil in a large nonstick or seasoned cast-iron skillet over medium heat. Spread the shredded tofu in an even layer and cook undisturbed until golden on the bottom, about 5 minutes. Flip and cook another 5 minutes, then stir and cook about 5 minutes more until a mix of crispy-chewy golden bits.
3. In a small bowl, whisk together the peanut sauce: 3 tablespoons peanut butter, 3 tablespoons tamari, 2 tablespoons hot water, 4 teaspoons honey, 1 teaspoon sriracha, and 1/2 teaspoon garlic powder until smooth and creamy.
4. Reduce heat to low. Pour the peanut sauce over the tofu, stir to coat, and cook about 1 minute until mostly absorbed. Transfer tofu to a plate and set aside.
5. Make the lime vinaigrette: Zest and juice the lime (about 2 tablespoons juice) into a small jar. Add 3 tablespoons

grapeseed oil, 2 tablespoons rice vinegar, 1 tablespoon tamari, 2 teaspoons honey, and 1/4 teaspoon garlic powder. Seal and shake (or whisk) until emulsified.

6. In a large bowl, combine cabbage, kale, carrot, cilantro, and scallions. Drizzle with the dressing and toss to coat. Top with the peanut tofu, roasted peanuts, and fried shallots, gently toss, and serve.

Tags: High Protein, Asian, Tofu, Gluten Free, Vegan Option, Salad

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