

Asian summer salad with tofu

Description



Yield
20 servings



Scheduling
Preparation: 60 minutes



Nutritional values (100 g or 100 ml)
energy: 485 kJ/116 kcal;
fat: 6 g, of which saturated 2.6 g;
carbohydrates: 8.4 g, of which sugars 7.4 g;
protein: 4.9 g; salt 1.5 g

Recipe

Ingredients for the salad (4'480 g)

2'400 g	mung bean sprouts
1'200 g	mango, peeled and cut into thin strips
200 g	rapeseed oil
400 g	balsamic vinegar, white
20 g	coriander, plucked
200 g	peanuts, roasted, shelled, chopped
40 g	lime purée, frozen
10 g	table salt
10 g	chili pepper (red), very finely chopped

Ingredients for tofu in teriyaki sauce (2'005 g)

40 g	ginger, peeled and finely sliced
40 g	garlic, peeled and finely sliced
350 g	pineapple juice
15 g	chili pepper, finely sliced into rings
530 g	soy sauce
30 g	white wine vinegar
20 g	sesame oil
20 g	lemon juice
90 g	sugar
870 g	organic plain tofu, pasteurized, cut into 1 cm thick slices

Production

1

Marinating the tofu

Place the ginger, garlic, chili pepper and pineapple juice in a saucepan and bring to a boil. Reduce slightly over medium heat. Add the soy sauce, white wine vinegar, sesame oil, lemon juice and sugar. Continue to simmer until the sauce thickens slightly.

Allow the sauce to cool, then pass through a sieve to remove the ginger, garlic and chili.

Pour the cooled sauce over the tofu slices in a sealable container or vacuum bag. Leave the tofu to marinate in the refrigerator for at least 48 hours – up to 3–5 days is ideal. Meanwhile, store in a closed container.

Note: Tofu can easily be stored in the marinade in the refrigerator for up to a week. The requirement is continuous cooling at 2 to 5°C in an airtight container.

2

Preparing the salad

Peel the mango and cut off the flesh on the left and right sides along the pit. Cut this flesh into thin strips. Rinse the mung bean sprouts thoroughly with cold water and let them drain.

Carefully mix all the ingredients for the salad (sprouts, mango strips, rapeseed oil, balsamic vinegar, lime purée, chili, peanuts, coriander and salt) in a large bowl.

3

Frying tofu

After marinating, remove the tofu slices from the marinade and drain well. Fry in a non-stick pan with a little oil over medium heat until golden brown.

4

Serving

Portion the Asian salad onto plates. Top with sliced or cubed sautéed tofu and garnish with fresh coriander or lime zest, if desired.