



TOFU BANH MI SANDWICH

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 1030/SERVING



These delicious tofu sandwiches are a Vietnamese version of a sub. They have flavourful marinated tofu topped with refreshing veggies and diced cilantro, all piled onto a crispy toasted bun!

WHAT YOU'LL NEED

- Large pan

- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE	2 servings	4 servings
Tofu	300 g	600 g
Carrot	1	2
Shallot	1	2
Baby cucumber	1	2
Red cabbage	1 cup	2 cups
Rice vinegar	1/4 cup	1/2 cup
Buns	2	4
Margarine	2 tbsp	4 tbsp
Cilantro	1/8 bunch	1/4 bunch
Vegan mayo	2 tbsp	4 tbsp
Marinade	1/2 cup	1 cup

Nutrition Facts		Valeur nutritive	
Per Serving (593 g)			
pour 1 (593 g)			
Calories 1030		% Daily Value*	
Fat / Lipides 55 g		% valeur quotidienne*	73 %
Saturated / saturés 8 g			55 %
+ Trans / trans 3.0 g			
Carbohydrate / Glucides 100 g			
Fibre / Fibres 14 g			50 %
Sugars / Sucres 12 g			12 %
Protein / Protéines 50 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 2270 mg			99 %
Potassium 900 mg			19 %
Calcium 1100 mg			85 %
Iron / Fer 7.5 mg			42 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			



1 Slice **tofu** into 1/4 inch thick slabs lengthwise. Pour **marinade** over tofu and let sit for at least 10 minutes. Prep remaining ingredients: thinly slice **carrots, cucumber, shallot,** and **cilantro**. Cut **buns** in half.



2 Add **carrots, shallot, cucumbers,** and **cabbage** to a large bowl. Add **rice vinegar** and season with **salt and pepper**. Mix well and set aside.



3 Heat a large pan on medium heat and add 1 tbsp **oil** (2 tbsp for 4 servings). Once hot, lay **tofu slabs** into the oil. Fry for 6-7 minutes per side or until golden brown, slathering any **remaining marinade** over the tofu during frying.



4 Once **buns** are toasted, spread **vegan mayo** inside each then add **tofu** and top with **slaw** and **cilantro**.