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Crispy Sesame Ginger Tofu over Sautéed Kale, Peppers, and Onions

Prep time: 50 minutes

Cook time: 50 minutes

Serves: 2



Ingredients

- 1 – 14 oz block of firm tofu, drained
- 1 small bunch of kale
- Half a red onion Julliene
- Half a red pepper Julliene
- 4 tbsp soy sauce
- 1 tbsp fresh ginger, finely chopped, or squeezed fresh ginger
- 3 tsp minced garlic
- 1 tbsp brown sugar
- 1/4 tsp crushed red pepper
- 1/2 tsp sesame seeds
- 4 tsp sesame oil
- Kosher salt
- Black Pepper

Directions

1. Fill a medium sized bowl with room temperature water and 3 pinches of Kosher salt. Chop tofu block into 3/4"-1" cubes, drop in water mixture, and let sit for 20 minutes.
2. Drain the tofu and spread out on paper towel to air dry for 30 minutes (or longer – longer is best, but 30 minutes minimum).
3. In a small mixing bowl, combine soy sauce, ginger, 1 tsp minced garlic, brown sugar, crushed red pepper, a pinch of Kosher salt and a tiny bit of black pepper. Stir and set aside.
4. Chop kale off the stems. Each leaf should be cut into around 6–8 leaves. Place leaves in a colander, rinse, and let dry in the sink.
5. Julienne the red pepper and onion (cut into strips). Set in a separate bowl aside.
6. Pre-heat the oven to 350.
7. Once the tofu has dried at least 30 minutes, spread out on a non-stick baking sheet and season lightly with Kosher salt and black pepper. Flip the tofu and season again. Place in oven for 40 minutes.
8. After 40 minutes have passed, remove the tofu from the oven and set aside.
9. In a medium to large frying pan, heat up the sesame oil and minced garlic over medium high heat. Once the garlic becomes aromatic and begins to lightly brown, drop in the red pepper and onions and stir.
10. Once veggies turn brown on edges, drop in the kale, a pinch of Kosher salt, and stir until the kale is fully wilted. Right before removing from the pan, take 1 tbsp of the sauce mix and integrate into the kale and veggie mixture. Remove from the pan after 30 seconds or so.
11. Drop the tofu into the frying pan along with the rest of the sauce mixture. Stir until the sauce begins to adhere to the tofu. The sauce will begin to lightly bubble. Remove from heat at this time to serve.

Plating: Split the kale and veggie mix on to two plates in a circle on each dish. Split the sauced tofu in half and place directly on top of the kale and veggie mixture. The flavors blend perfectly together!