

Bahn Mi

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: ½ roll

Ingredients	Quantity	Measure
Carrots, shredded	½	cup
Cucumbers, shredded	½	cup
Mirin or rice vinegar	¼	cup
Garlic, minced	2	cloves
Sesame seeds	2	tsp.
Tamari	¼	cup
Chili sauce, like Sriracha, or hot sauce	½	tsp.
*Tofu, firm, drained, pressed, sliced ½ inch thick	14	ounces
Jalapeno, fresh, thinly sliced	1	each
Cilantro, fresh, chopped	1	Tbsp.
Green onions, diced (white and green together)	4	Tbsp.
Lime juice	1	Tbsp.
Soft hoagie rolls, cut in half width and length side	4	each
Egg-free mayonnaise	1	Tbsp.

Preparation

*Please see separate page for tofu pressing instructions.

1. Marinate the carrots and cucumber in the mirin and refrigerate for 1 hour.
2. Mix the garlic, sesame seeds, tamari, and chili sauce. Marinate tofu in sauce for 30 minutes.
3. In a non-stick pan or on the grill, cook tofu on low heat without oil for 10 minutes, flipping once the sides are brown.
4. Combine sliced jalapenos, cilantro, green onions, and lime juice in a small bowl. Set aside.

Serving Information

Each serving uses ½ roll, cut in half vertically and horizontally. Assemble the hoagie with marinated vegetables, tofu and sauce, chili mixture and egg-free mayonnaise.



Bahn Mi Continued

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Recipe Variation

For a cold sandwich, dice tofu and marinate for 30 minutes. Once tofu has marinated, add the jalapenos and green onions to the tofu and stir to combine. Assemble the sandwich as indicated above in serving information.

Nutrition Information *From USDA Nutrient Database

Calories: 165 Total Fat: 6g Saturated Fat: 1.4g Monounsaturated Fat: 1.6g Polyunsaturated Fat: 2.7g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 23g Fiber: 2.4g Total Sugars: 5.6g Protein: 4.6g Sodium: 408mg Vitamin A: 2µg Vitamin C: 5.5mg Calcium: 151mg Iron: 2.4mg Folate: 12µg

