Peanut-Crunch Rice Noodle Salad with Baked Tofu

3 cold noodle-salad portions · Active 25 min · Total 1 hr 50 min

Skills: Easy

Ingredients

• 1 block extra-firm tofu (14 oz/400 g), drained

• 1 tablespoon neutral oil (15 ml)

• 2 tablespoons reduced-sodium soy sauce (30 ml), divided

• 5 oz dried rice noodles (140 g)

• 2 cups finely shredded green cabbage (150 g)

• 1 large carrot, cut into fine matchsticks (100 g)

• 3 tablespoons smooth peanut butter (48 g)

• 2 tablespoons lime juice (30 ml)

• 1 teaspoon brown sugar (4 g)

• 1 teaspoon grated fresh ginger

• 3 tablespoons warm water (45 ml), plus more if needed

• 2 tablespoons chopped roasted peanuts (18 g)

• 2 tablespoons chopped cilantro

Set out

Conventional oven, Rimmed metal baking tray, Large saucepan or heatproof bowl appropriate to noodle package, Colander, Large mixing bowl, Small whisk

Allergens

Soy, Wheat, Peanuts. Check labels and substitutions.

Make it

1. Heat the oven to 425°F/220°C. Pat tofu dry and cut into 1-by-1/2-inch rectangles. Toss with oil and 1 tablespoon soy sauce, then spread on the tray.

2. Bake for 22–25 minutes, turning carefully after 15 minutes, until lightly golden at the edges. Transfer to a shallow container and refrigerate promptly to cool.

3. Prepare rice noodles according to the package. Rinse under cold water, drain well and shorten very long strands with clean scissors.

4. Whisk peanut butter, lime juice, remaining soy sauce, brown sugar, ginger and warm water. Add another teaspoon or two water only if needed to make a thick, pourable dressing.

5. Toss noodles, cabbage and carrot with the dressing. Fold in the cold tofu and divide between three covered containers.

6. Pack peanuts separately to keep their crunch, then sprinkle them and the cilantro over each portion before eating.

A lid that earns its place

Use a leakproof, fairly wide box so the noodles can be stirred before eating. Keep the small peanut pot tucked beside the box rather than buried in it; you can add the topping without opening several unrelated bags during a short break.

Timing

Total includes an estimated 60 minutes of refrigerator chilling; wait until the cooked components are fully cold before packing, even if that takes longer.

A useful detail

If the dressing seems firm after chilling, stir a teaspoon of cold water through one portion. Add gradually so the noodles do not end up in a pool of sauce.

Keep it well

Keep refrigerated at 40°F/4°C or below for up to 3 days. Chill tofu within 2 hours of cooking, or 1 hour above 90°F/32°C. Carry in an insulated bag with two cold sources and refrigerate at work. Serve cold; keep the peanut topping dry and separate.