

Marinated Tofu and Crunchy Vegetable Meal Salad



A complete, fresh, and flavorful salad, perfect for a balanced meal. Ideal for a picnic, it combines colors and nutrients in a dish that is both nourishing and appetizing. Recommended by our dietitians, it is an excellent option to increase vegetable and plant-based protein intake. For more ideas, visit our [Top 10 recipes for a healthy, simple, and delicious picnic](#).

Preparation 15 min

Cooking 15 min

Waiting 30 min

Servings 4

Nutrition Facts (per serving)

Calories 485

Fat 18

Carbohydrates 52

Fibre 7

Protein 29

Sodium 710

Ingredients

Tofu:

- 1 block (454 g) extra-firm tofu, torn into small pieces

- 15 ml (1 tbsp) reduced-sodium soy sauce
- 7.5 ml (½ tbsp) smoked paprika
- 2.5 ml (½ tsp) garlic powder
- 2.5 ml (½ tsp) onion powder
- Oil spray for cooking

Salad:

- ½ red cabbage, grated or thinly sliced
- 1 large carrot, grated
- 1 bell pepper, sliced into strips
- ½ English cucumber, cut into cubes or strips
- 250 ml (1 cup) shelled frozen edamame, thawed
- 3 green onions, chopped
- 140 g noodles (rice, ramen, or soba)

Dressing:

- 45 ml (3 tbsp) rice vinegar
- 45 ml (3 tbsp) reduced-sodium soy sauce
- 15 ml (1 tbsp) natural peanut butter (or almond butter or sesame butter)
- 15 ml (1 tbsp) toasted sesame oil
- 15 ml (1 tbsp) fresh or pickled ginger, chopped
- 15 ml (1 tbsp) maple syrup
- 1 clove of garlic (5 ml / 1 tsp), finely chopped

Preparation

1. In a bowl, mix the tofu with the soy sauce, smoked paprika, garlic powder, and onion powder. Let marinate for at least 30 minutes or overnight.
2. In a large skillet, heat over medium-high heat and spray with oil. Add the tofu and cook for about 15 minutes, stirring occasionally, until well browned and crispy on the edges. Set aside.
3. In a large pot of boiling water, cook the noodles according to package instructions. Drain, then rinse under cold water to stop the cooking and prevent sticking. Set aside.
4. In a small bowl, mix all the dressing ingredients.
5. In a large bowl, combine the red cabbage, carrot, bell pepper, cucumber, edamame, and green onions. Add the cooled noodles.
6. Pour the dressing over the salad and mix well.
7. Top with the warm tofu and serve.

Notes

Keeps for 4 days in the refrigerator in an airtight container.

*For a gluten-free recipe, be sure to use certified gluten-free tamari sauce and rice noodles, or another gluten-



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