

Tofu Toast with Cabbage, Fennel and Radish



Servings: 4
Prep Time: 10 minutes
Cook Time: 15 minutes
Storage: 2-3 days in refrigerator
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Ingredients

- 2 TBSP ghee
- ½ small cabbage, chopped
- ½ red onion, diced
- 2 cloves garlic, minced
- ¼ teaspoon red pepper flakes, optional
- 1 teaspoon salt, divided
- Pinch of pepper
- 1 small fennel bulb, white part only, thinly sliced for garnish
- 3 radishes, thinly sliced for garnish
- Parsley for garnish
- 4 slices crusty bread to serve, toasted
- Hot sauce to serve, optional

Tofu Scramble

- 1 block (14oz.) tofu, soft, firm, or extra-firm (not silken)
- 1 – 2 TBSP nutritional yeast
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon ground turmeric
- Water (to thin)
- ¼ teaspoon black salt (kala namak), optional

Instructions

Drain the tofu and wrap in paper towels to remove excess liquid. No need to press as the water will dissipate as it cooks.

Prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.

Heat ghee in a large skillet over medium heat. Add the cabbage, red onion, red pepper flakes and garlic. Sauté for about 3 minutes, just until greens are wilted and onion and garlic are fragrant.

Add the tofu block to the skillet and break it up with a wooden spoon or fork. Sauté for 2 minutes, then add sauce. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.

To serve, scoop the scrambled tofu and cabbage onto the toasted bread and garnish with sliced radishes, sliced fennel and chopped parsley and a drizzle of your favorite hot sauce.

Notes

Black salt (aka kala namak), adds a sulfur flavor that is characteristic of eggs. If you're looking for a true egg flavor, add a pinch and be amazed!

Recipe can easily be doubled for a crowd.

Adapted *The Kitchn* recipe

Chef Chandra

S.O.U.L. Food (*Seasonal/Sustainable, Organic, Unprocessed, and Local*)

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