

Asian tofu lentil noodle bowl

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

Asian tofu lentil meatballs

- 2 tsp canola oil
- 5 tbsp yellow onions, diced small
- 1 1/3 tsp garlic cloves, peeled and minced
- 2/3 extra-firm tofu, drained, pressed and cubed
- 1 2/3 cups lentils, cooked
- 1/2 cup dry rolled oats, ground into flour
- 3 tbsp Panko breadcrumbs
- 1/3 tsp kosher salt
- 4 tsp regular soy sauce
- 3 tbsp hoisin sauce

Broccoli

- 1 cup fresh broccoli florets
- 1 tsp canola oil

Sauce

- 1/4 cup regular soy sauce
- 1/4 cup water
- 3 tbsp lime juice
- 4 tsp white granulated sugar
- 1 tsp garlic cloves, peeled and minced
- 1/8 tsp red pepper flakes

To plate

- 2 tbsp fresh cilantro, chopped
- 2 tbsp fresh mint, chopped
- 1 cup vegan kimchi, chopped
- 2 1/2 cups rice noodles, cooked
- 1 1/4 cups red bell pepper, sliced

- 1 tsp white sesame seeds

Instructions

For Asian tofu lentil meatballs

On a flat-top grill heat oil over medium-high heat. Add onions and cook for 3-5 minutes. Add garlic and cook for 1 minute. Remove from heat and reserve.

In a food processor process to a puree tofu and half of listed lentils (do this in batches as needed). Place puree into a large mixing bowl. Add remaining lentils, onion mixture, oats, bread crumbs, salt and soy sauce. Mix well.

Preheat oven to 350°F. Portion mixture into 1.5 ounce balls. Place on a parchment lined sheet pan spacing an 1/2 inch between each ball (use multiple sheet pans as needed). Bake in oven for 15 minutes and then rotate pan. Bake again for another 15 minutes or until balls are golden brown. Remove from oven and using a pastry brush, glaze each ball with Hoisin sauce. Hold hot for service.

For broccoli

1. Preheat oven to 450°F. In a large mixing bowl, toss broccoli and oil together. Place on a parchment lined sheet pan and roast in oven for 10-15 minutes or until tender and slightly charred. Hold hot for service. For sauce In a mixing bowl combine soy sauce, water, lime juice, sugar, garlic and red pepper flakes and whisk well until sugar is fully dissolved. Hold for service.

To plate

1. In a mixing bowl, combine cilantro, mint, and kimchi together. In a 1/2 hotel pan or large mixing bowl, toss noodles in sauce to coat and hold for service. Remove 4 ounces of noodles, allowing them to drain slightly and place in bottom of serving bowl. Add three meatballs to top side of bowl. Place 1 ounce of kimchi mixture in center of bowl. On bottom side of bowl add 1 ounce of roasted broccoli. Add 1 ounce of sliced red bell pepper to right side of bowl. Garnish meatballs with 1/4 teaspoon of sesame seeds.

Notes

*The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.

Nutrition

Serving: 15.21oz | Calories: 716kcal | Carbohydrates: 146g | Protein: 17g | Fat: 8g | Saturated Fat: 1g | Sodium: 1864mg | Fiber: 11g | Sugar: 12g