



2 SERVINGS

COOK TIME: 35 MIN

## Falafel Spiced Tofu

with Masala Chickpeas & Pickled Cauliflower

### INGREDIENTS:

- » ½ cup cashews
- » 15.5 Nasoya® Organic Extra Firm Tofu
- » 2 garlic cloves\*
- » 1.5 tsp ground cumin
- » 1.5 tsp ground coriander
- » 1 lemon
- » 4 oz curly kale
- » ¼ cup Castelvetro olives
- » 4 oz roasted red peppers
- » 2 oz curried pickled cauliflower
- » 2 oz masala roasted chickpeas

\* This ingredient will be split between steps.

**Nutrition per serving (as packaged):** Calories: 610, Fat: 34 g, Carbohydrates: 41 g, Protein: 38 g

*Allergens: soy, tree nuts. Processed and packaged in a facility that packages coconuts, peanuts, soy, tree nuts, and wheat. Don't forget to rinse and dry the produce.*

## Directions

1. Preheat the oven to 425°F. Add the **cashews** to a small bowl with ½ cup **hot water** and set aside. Drain the **tofu** and pat dry with paper towels. Crumble the **tofu** into bite-size pieces and add to a large bowl. Peel and mince the **garlic** and add just half of the **minced garlic** to the bowl with the tofu along with the **cumin**, **coriander**, 2 tsp **vegetable oil**, ½ tsp **salt**, and a pinch of **pepper**.

2. Line a baking sheet with foil or parchment paper. Transfer the **spiced tofu** to the baking sheet and bake until browned and crispy in places, about 25 to 30 minutes.

*TIP: If you don't have foil or parchment paper, you can add 2 tsp of oil to the baking sheet instead (but the tofu may stick slightly).*

3. Halve and juice the **lemon**. Destem and roughly chop the **kale**. Check the **olives** and remove any pits. Roughly chop the **olives**. Drain the **red peppers**.

4. Add the **chopped kale** to a large bowl with 2 tsp **olive oil**. Using your hands, massage until bright green. Add the **chopped olives** and **red peppers** and toss to combine.

5. Add the **cashews** and their **soaking water**, remaining **minced garlic**, **lemon juice**, and a pinch of **salt** and **pepper** to a blender. Blend until smooth. Taste the **garlic cashew dressing** and add **salt** as necessary.

6. Divide the **kale salad** between shallow bowls. Top with **falafel spiced tofu**, **pickled cauliflower**, and **masala roasted chickpeas**. Drizzle with **garlic cashew dressing**. Bon appétit!



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