



Five-Spice Tofu with Barley and Kale



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



45

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon five-spice powder chinese
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 2 tablespoons coconut oil (increases saturated fat to 7 grams)
- ☐ 1 block extra-firm tofu drained for 10 minutes
- ☐ 1.5 tablespoons horseradish prepared
- ☐ 4.5 cups tuscan kale shredded stemmed
- ☐ 1 lemongrass stalk minced peeled
- ☐ 1 cup pearled barley rinsed

- ☐ 45 servings pepper freshly ground
- ☐ 45 servings salt
- ☐ 4 scallions white green thinly sliced
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 2 teaspoons sesame oil toasted
- ☐ 1 tablespoon sesame seed toasted
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons coconut or shredded sweetened toasted

Equipment

- ☐ frying pan
- ☐ sauce pan

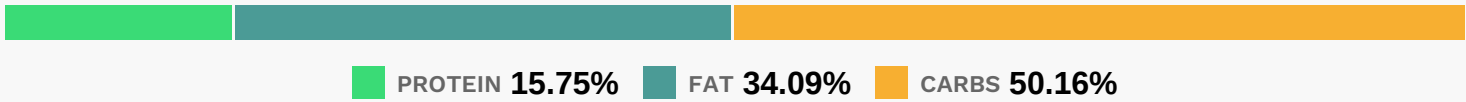
Directions

- ☐ In a saucepan, cover the barley with 2 cups of water, add a pinch of salt and bring to a boil. Cover and simmer over low heat until the barley is just tender, about 25 minutes.
- ☐ Cut the tofu into 1-inch cubes. In a large nonstick skillet, heat 1 tablespoon of the grapeseed oil with the sesame oil until shimmering.
- ☐ Add the tofu and five-spice powder and cook over moderately high heat, stirring, until lightly browned, 7 minutes.
- ☐ Add the scallions and cook for 1 minute. Season with salt and pepper and transfer the tofu to a plate.
- ☐ Add the remaining 1 tablespoon of grapeseed oil to the skillet.
- ☐ Add the lemongrass and cook over moderately high heat for 1 minute.
- ☐ Add the kale and cook, stirring, until wilted, about 2 minutes.
- ☐ Add the barley and cook for 1 minute.
- ☐ Add the horseradish, tamari and vinegar and cook, stirring, until the pan is nearly dry, about 2 minutes.
- ☐ Transfer the barley and kale to a platter. Top with the tofu, toasted coconut, sesame seeds and cilantro.

☐

Serve right away.

Nutrition Facts



Properties

Glycemic Index:7.16, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:2.1621738795353%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 32.68kcal (1.63%), Fat: 1.27g (1.96%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.31g (1.2%), Sugar: 0.36g (0.4%), Cholesterol: 0mg (0%), Sodium: 248.75mg (10.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Vitamin K: 10.75µg (10.23%), Manganese: 0.11mg (5.6%), Vitamin A: 223.32IU (4.47%), Fiber: 0.91g (3.63%), Vitamin C: 2.31mg (2.79%), Selenium: 1.85µg (2.64%), Copper: 0.05mg (2.51%), Phosphorus: 23.34mg (2.33%), Magnesium: 8.37mg (2.09%), Iron: 0.36mg (1.98%), Vitamin B3: 0.3mg (1.51%), Vitamin B1: 0.02mg (1.38%), Vitamin E: 0.21mg (1.37%), Calcium: 13.32mg (1.33%), Zinc: 0.19mg (1.29%), Potassium: 44.05mg (1.26%), Vitamin B2: 0.02mg (1.09%), Vitamin B6: 0.02mg (1.06%)