



## Miso-Glazed Tofu with Parsnips Two Ways



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 tablespoons dijon mustard
- ☐ 2 tablespoons ginger fresh finely chopped
- ☐ 1.5 tablespoons goji berries dried
- ☐ 4 servings pepper white to taste
- ☐ 0.5 cup mirin sweet divided ( sake)
- ☐ 5 medium parsnips peeled ()
- ☐ 0.8 cup rice wine
- ☐ 4 servings salt to taste

- ☐ 2 tablespoons sesame oil toasted
- ☐ 0.5 tablespoon sriracha
- ☐ 14 oz tofu firm
- ☐ 1.5 tablespoons rice vinegar
- ☐ 3 tablespoons miso white (shiro)
- ☐ 4 ounces pkt spinach packed cut into bite-size pieces (4 lightly cups)

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ kitchen towels
- ☐ spatula

## Directions

- ☐ Whisk together miso, mustard, Sriracha, sake, and 1/2 cup plus 1 tbsp. mirin in a small saucepan.
- ☐ Add ginger. Bring to a boil, then lower heat and simmer 6 to 8 minutes, or until sauce is just thick enough to coat a spoon. Strain through a fine-mesh strainer, pushing against solids.
- ☐ Let glaze cool to room temperature.
- ☐ Bring remaining 1 1/2 tbsp. mirin and the vinegar to a boil in a very small saucepan.
- ☐ Add goji berries. Return to a boil and remove from heat.

- ☐ Let cool, uncovered.
- ☐ Put rack in middle of oven, then preheat oven to 40
- ☐ Line a rimmed baking sheet with parchment paper.
- ☐ Cut 1 parsnip lengthwise into 8 spears.
- ☐ Cut remaining parsnips into 3/4-in. chunks.
- ☐ Transfer spears and chunks to baking sheet, season with salt and white pepper, and toss with sesame oil.
- ☐ Spread in a single layer, with spears cut side down.
- ☐ Bake parsnips 20 minutes, turning 2 or 3 times.
- ☐ Meanwhile, bring a medium saucepan of water to a boil.
- ☐ Cut tofu into 4 rectangular slabs, each about the size of a deck of cards, and put in a large, shallow bowl.
- ☐ Pour hot water over tofu and let soak 15 minutes.
- ☐ Drain on a clean dish towel or a double layer of paper towels set on a plate.
- ☐ Remove parsnip spears from oven when tips begin to brown; remove chunks when just fork-tender.
- ☐ Let chunks cool 5 minutes, then pure in a food processor with 2 tbsp. miso-mustard glaze and 1 cup hot water until smooth but able to hold a peak when spooned onto a plate (add up to 1/2 cup hot water if needed). Keep warm, covered.
- ☐ Put tatsoi in a large saucepan with 1/4 cup hot water and cook over low heat, covered, stirring occasionally, until wilted, 5 minutes; drain and return to pan. Stir in goji berries and some of their pickling liquid.
- ☐ Pour remaining miso-mustard glaze into a medium frying pan. Blot moisture from tofu with paper towels and add tofu to glaze. Bring to a simmer over medium heat and cook, spooning glaze over tofu, until glaze sticks to top of tofu and has reduced by one-half to two-thirds.
- ☐ Spoon parsnip pure onto plates. With a spatula, set tofu on parsnip pure.
- ☐ Drizzle glaze over tofu and top with tatsoi and goji berries, then add parsnip spears.
- ☐ \*Find at Whole Foods Market, health food stores, and Asian markets.

## Nutrition Facts



 PROTEIN **14.17%**  FAT **29.04%**  CARBS **56.79%**

Properties

Glycemic Index:64.25, Glycemic Load:15.22, Inflammation Score:-10, Nutrition Score:27.361739113927%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 442.81kcal (22.14%), Fat: 13.28g (20.43%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 58.42g (19.47%), Net Carbohydrates: 45.74g (16.63%), Sugar: 17.69g (19.66%), Cholesterol: 0mg (0%), Sodium: 1109.05mg (48.22%), Alcohol: 10.19g (100%), Alcohol %: 2.91% (100%), Protein: 14.58g (29.16%), Vitamin K: 185.42µg (176.59%), Manganese: 1.59mg (79.72%), Vitamin A: 2680.05IU (53.6%), Vitamin C: 42.76mg (51.83%), Fiber: 12.68g (50.73%), Folate: 188.7µg (47.18%), Potassium: 958.14mg (27.38%), Calcium: 244.92mg (24.49%), Vitamin E: 3.61mg (24.08%), Magnesium: 96.25mg (24.06%), Iron: 3.96mg (22.01%), Phosphorus: 191.71mg (19.17%), Copper: 0.36mg (18.12%), Vitamin B1: 0.23mg (15.48%), Vitamin B6: 0.27mg (13.65%), Selenium: 9.24µg (13.19%), Vitamin B5: 1.27mg (12.67%), Zinc: 1.74mg (11.59%), Vitamin B2: 0.19mg (11.33%), Vitamin B3: 1.77mg (8.87%)