



Gado Gado Tofu

Servings: 6 | **Vegan optional** | Serve with basmati or brown rice

Marinated Tofu

Ingredients:

- 2¼ lbs firm tofu, cubed
- **Marinade:**
 - 2 tbsp tamari
 - 1 tbsp sesame oil
 - 1 tbsp garlic, minced
 - 1 tbsp ginger, grated
 - 1 tbsp honey (or agave for vegan option)
- Chopped cilantro, for garnish

Instructions:

1. In a saucepan, combine all marinade ingredients and bring to a brief boil. Remove from heat.
 2. Place tofu cubes in a large bowl and toss with the marinade. Let marinate for at least 1 hour.
 3. Drain tofu and arrange on parchment-lined baking sheets. Bake at 375°F for 30–45 minutes, turning occasionally, until crisp and golden.
 4. Keep warm until serving. Garnish with chopped cilantro just before serving.
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Gado Gado Sauce

Ingredients:

- 4 oz onion, diced
- 2 tbsp ginger, grated
- 1 tbsp garlic, minced
- 6 tbsp peanut butter
- 1 tbsp tamari
- 1 tbsp molasses
- 1 tbsp lemon juice (bottled is fine)
- ⅛ tsp white pepper
- 1 cup coconut milk
- 1 tsp chili flakes (adjust to taste)

Instructions:

1. Sauté onions in a small amount of olive oil over medium heat until soft.
 2. Add ginger and garlic, cooking for another 2–3 minutes.
 3. Stir in peanut butter, tamari, molasses, lemon juice, and pepper.
 4. Add coconut milk and chili flakes. Stir until smooth and heated through. Blend for a smoother texture if desired.
 5. Keep warm on the stove. Thin with water if needed before serving.
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Side Vegetables

Ingredients:

- ⅔ lb carrots
- ⅔ lb cauliflower
- ⅔ lb broccoli

Instructions:

1. Steam or roast vegetables until tender.
2. Serve alongside tofu and rice.

To Serve

- Serve baked tofu garnished with cilantro in a large dish or hotel pan.
- Offer sauce on the side in small bowls or ladles.
- Pair with steamed basmati or brown rice and side vegetables.

Nutrition (per serving):

219 Calories | 12g Fat | 16g Protein | 17g Carbohydrate | 6g Fiber | 0mg Cholesterol | 52mg Sodium