

## How to Serve VEGGIE TOFU NUGGETS

### Japanese style Boiled Dishes (Nimono)



#### Ingredients (for 4 servings):

Veggie Tofu Nugget.....8 pieces  
 Dashi (Soupstock).....20.7oz  
 Bamboo shoot, cut into chunks.....5.6oz  
 Carrot,cut into flowe shape.....3.52oz  
 Shimeji(Japanese mushrooms).....1.12oz  
 Snow pea.....1.12oz

#### Directions:

- 1.Cook snow pears in boiling water just until cooked.
- 2.Cut bamboo shoot, carrot and shimeji into smaller pieces.
- 3.Bring dashi(soup stock) to the boil in a pot.
- 4.Add bamboo shoots,carrot and shimeji in the same pot, cook for about 15 min.
- 5.Let sit for 10 min.(To absorb more flavor)
- 6.Add snow peas on the top, and serve.

It is easy  
and is  
delicious .



### Veggie Tofu Nuggets & Vegetable with Basil Sauce



#### Ingredients (for 4 servings):

Veggie Tofu Nugget,defrosted.....16 pieces  
 Red bell pepper, cut into chunks.....2.08oz  
 Yellow bell pepper,cut into chunks.....2.72oz  
 Zucchini, cut into crescent shape.....4.16oz  
 Olive oil.....8 tbsp  
 Garlic roughly chopped.....1clove  
 Basil Pesto sauce.....4tbsp

#### Directions

- 1.Defrost Veggie Tofu Nuggets in the refrigerator overnight.
- 2.Slice zucchini into crescent shape, and cut bell peppers into small pieces.
- 3.Heat olive oil in a saute pan, then add garlic.
- 4.After a few minutes, add the Veggie Tofu Nuggets in the same pan, then add vegetables.
- 5.While sauce, toss and stir frequently.
- 6.Once everything is tender, mix with basil pesto sauce.
- 7.Stir to coat and transfer a serving bowl.
- 8.Serve.

### Veggie Tofu Nuggets with Teriyaki Sauce



#### Ingredients (for 4 servings):

Veggie Tofu Nugget,defrosted.....12 pieces  
 Teriyaki sauce.....1oz  
 Olive oil.....8 tbsp  
 Cherry tomato.....for garnish  
 Parsley.....for garnish

#### Directions:

- 1.Defrost Veggie Tofu Nuggets in the refrigerator overnight.
- 2..Add 1/3 cup of water and Veggie Tofu Nuggets in a saute pan, bring to a boil over medium-high heat for about 4-5 min.
- 3.In a saute pan, add olive oil and the teriyaki sauce.
- 4.Saute for about 3-4 min.
- 5.Skewer pieces of Veggie Tofu Nuggets on stick.
- 6.Add more sauce on top if you would like.
- 7.Garnish with cherry tomato and parsley.

## How to Serve VEGGIE TOFU NUGGETS

### Baked Lotus Root Veggie Tofu Nuggets dumplings



#### Ingredients (for 4 servings):

- Veggie Tofu Nugget, defrosted ..... 8 piece
- Dashi ..... 8 tbsp
- Soy sauce ..... 4 tbsp
- Mirin ..... 2 tbsp
- Spinach ..... 1 big bunch
- Puff pastry ..... 1 1/2 sheets
- Egg ..... 1 piece
- Fine sea salt to taste
- Freshly ground black pepper to taste
- Dashi of shichimi togarashi

#### Directions:

1. Marinate nuggets in dashi, soy sauce and mirin for 10 min, drain.
2. Roughly chop spinach, simmer in salted water for about 5 min, drain, squeeze well with paper towels, add sea salt & black pepper.  
(any extra moisture will make the dumplings soggy)
3. Roll out puff pastry sheet to 1/4 in thickness, cut out circles, about 5 inch diameter.
4. Put 1 tsp of spinach in the center of each circle, top with 1 Veggie Tofu Nugget (lotus root), shape puff pastry like Chinese dumplings, put ready dumplings in the freezer for 5–10 min.
5. Beat an egg and brush the dumplings, bake for 15–20 min in an oven at 375°F.
6. Serve with soy sauce and shichimi togarashi.

### Zucchini Spaghetti and Veggie Tofu Nuggets



#### Ingredients (for 4 servings):

##### Zucchini Spaghetti

- Medium zucchini ..... 2 pieces
- Small red onion ..... 1 piece
- Medium ear of corn ..... 1 piece
- White sesame seeds toasted ..... 2 tbsp
- Sesame oil ..... 1 tsp
- Fine sea salt to taste

##### Veggie Tofu Nuggets Marinade

- Veggie Tofu Nugget, defrosted ..... 8 pieces
- Dashi ..... 8 tbsp
- Soy sauce ..... 1 tsp
- mirin ..... 2 tbsp

#### Directions:

1. Slice zucchini lengthwise using a mandoline, then cut slices vertically so they look like spaghetti.
2. Sauté zucchini spaghetti in oil for 1–2 min, then add water, simmer for 5 min until just tender, drain set aside.
3. Soak corn in salted cold water for 10 min, bring water to a boil, turn off the heat, cover with a lid, let sit for 5 min, cut off corn.
4. Sauté sliced red onion until translucent. Add sautéed zucchini, corn, sesame oil, and sea salt, sauté for 1 min.
5. Marinate Veggie Tofu Nuggets for 10 min, drain.
6. Grill on a hot skillet for 1 min on each side.
7. Serve on top of zucchini spaghetti, Sprinkle with toasted sesame seeds.

### Deep-Fried Veggie Tofu Nuggets



#### Ingredients (for 4 servings):

- Veggie Tofu Nugget, defrosted ..... 8 pieces
- Panko ..... 1 cup
- Black sesame seeds ..... 1/4 cup
- Canola oil ..... 6 cup
- Lightly beaten egg ..... 1 piece

#### Directions:

1. Beat an egg slightly and mix panko with sesame seeds.
2. Dip Veggie Tofu Nuggets into the egg mixture first and then roll them in bread crumbs. Deep-fry in canola oil (or any oil with a high smoking point) at 375°F until they turn golden. Put them on a wire rack to keep them crispy.

#### AVOCADO/PAPRIKA MAYO

##### Ingredients (for 4 servings):

- Egg yolks ..... 2 pieces
- White wine vinegar ..... 1/4 tsp
- Freshly squeezed lemon juice ..... 1 1/2 tsp
- Fine sea salt to taste
- Cayenne pepper ..... 1/2 tsp
- Smoked paprika ..... 1/2 tsp
- Ripe avocado, chopped ..... 1 piece

#### Directions:

1. Beat egg yolks, vinegar and lemon juice in a food-processor until light and creamy, start adding oil drop (this is very important!) with the motor running, once mayo base is ready add everything else and mix well.
2. Adjust seasoning to your liking. (crispy bits of bacon would add some texture to this super smooth mayo.)
3. Deep-fried Veggie Tofu Nuggets with Avocado/Paprika mayo can be served with beer.