

Teriyaki Greens, Mango and Baked Tofu

It's time to enjoy some greens this week! Wait'll you see what's in store this time.

Asian-style Lacinato kale with chopped mango and baked tofu with teriyaki sauce is tonight's fare. A little extra texture is added with bamboo shoots, and it's served over coconut rice.

Preparation time: 50 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

This meal will be a breeze to bring to the table if you prepare and organize everything before you start cooking. You'll prepare a total of 3 cloves chopped garlic: 1 in the Sautéed Greens and 2 in the Teriyaki Sauce. Prep a total of 3/4 C. chopped onion: 1/2 C. in the Sautéed Greens and 1/4 C. in the Teriyaki Sauce.

Set aside 1-1/2 C. diced mango to distribute over the greens before you serve the meal. The rest of the chopped mango pieces will be added to the Sautéed Greens.

Brown Rice

1 C. uncooked brown rice
2-1/4 C. water
1/2 of a cube of Not Chick'n bouillon
1/3 C. milk
1 tsp. coconut extract
pinch of salt

Sautéed Greens

1 tsp. sesame oil
1/2 C. low-sodium vegetable broth
1 tsp. low-sodium soy sauce
2 T. rice wine vinegar
1/2 tsp. grated fresh ginger
1 clove garlic (smashed and chopped)
1/2 C. chopped yellow onion
1 bunch Lacinato kale (stems and leaves chopped separately)

one 6 oz. can bamboo shoots (drained)
chopped kale leaves (from above)
1 whole mango (peeled and diced)
2 squares teriyaki flavored baked tofu (broken into pieces)

Teriyaki Sauce

1 tsp. sesame oil
2 cloves garlic (smashed and chopped)
1/4 C. yellow onion (finely chopped)
1/3 C. low-sodium soy sauce or tamari
1/2 tsp. Asian garlic pepper sauce
1/2 C. low-sodium veggie broth
1 C. orange juice
3/4 C. firmly-packed brown sugar
1/4 C. rice wine vinegar
1 tsp. fresh ground ginger

1 T. cornstarch
plus
1/3 C. water
juice from 1/2 lime

Garnishes

1-1/2 C. diced fresh mango
juice from 1/2 of a lime
1 Roma tomato (chopped)

Start by putting Rice on to cook!

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Bring rice, water, 1/2 cube of bouillon, milk, coconut extract and salt to a boil. Reduce heat to medium-low, cover and set a timer for 25 minutes.

Teriyaki Sauce

1. Measure oil, garlic and onion into a deep saucepan. Sauté until onion begins to turn translucent.
2. Add remaining ingredients (except cornstarch and lime juice). Bring to a boil. Reduce heat to medium and cook, uncovered, for 5-minutes.
3. Thicken with cornstarch mixture and cook another 5-minutes over low heat. Stir occasionally.
4. When liquid is thickened, remove from heat and drizzle with juice from 1/2 of a lime.

Sautéed Greens

1. Measure oil, broth, soy sauce, vinegar and ginger into a deep-sided soup kettle.
2. Bring to a boil and add garlic, chopped onion and chopped stems. Reduce heat to medium-low and cook 14 minutes.
3. Add bamboo shoots, chopped kale leaves, and mango pieces (leftover after measuring 1-1/2 C. diced mango to be used in garnish).
4. Toss for 3 minutes.
5. Add broken tofu pieces and toss one more minute.

Plate and Garnish

1. Mold 2/3 C. rice per serving into a small dish or ramekin and turn out onto a dinner plate.
2. Divide greens mixture between two plates. Arrange the greens so that you can still see the rice in the center of the plate. Drizzle each serving with juice from remaining 1/2 of the lime.
3. Divide diced mango over the greens. Pour 1/3 C. teriyaki sauce over greens on each plate.
4. Add a final garnish of chopped tomato to each serving.

What I've Learned from this Recipe

I love finding new ways to enjoy the nutritional bounty of greens. Simple steps like adding fresh fruit with some lime juice as a garnish and using the glutamate in tomatoes to bring flavors forward can make a dish like this come alive.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com