

Recipe Name: Tofu Banh Mi Recipe - Vietnamese Grilled Tofu Sandwich

Diet Type:

Course: Dinner

Cuisine: Vietnamese

Quantity: 1 sandwich



Ingredients

Ingredient	Quantity
• 1 Baguette - 12 inch	4
• 4 tablespoon Classic Mayonnaise (With Egg)	
• 2 tablespoon Sriracha sauce	
• 3 sprig Coriander (Dhania) Leaves	
• Extra Virgin Olive Oil - for cooking	
• 1 English Cucumber - sliced	
• 1 Red Bell pepper (Capsicum) - sliced	
• 1 Green Bell Pepper (Capsicum) - sliced	
• 1 Carrot (Gajjar) - cut into julienne	
• 1 Mooli/ Mullangi (Radish) - sliced	
• 2 Pickled Jalapenos - sliced	
• 1/2 cup Chilli vinegar	
• 1 tablespoon Sugar	
• Salt and Pepper - to taste	
• 250 grams Tofu - sliced into thin rectangular shapes	
• 1 tablespoon Soy sauce	
• 2 tablespoon Red Chilli sauce	
• 1 teaspoon Honey	
• 1 teaspoon Black pepper powder	
• 1 teaspoon Dry ginger powder	

Preparation

- Add all the vegetables into a bowl, add in chilli vinegar, sugar, salt and pepper and mix it well.
- Rest the vegetables in the fridge until you fin.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	25	60	20	5	10

