

## Soy-Lime Tofu with Cashews & Seasonal Vegetables

Yield: 2 servings

Prep time: 15 min | Marinate: 1–2 hrs | Cook time: 20 min



### Ingredients

#### Tofu Marinade

- Extra-firm tofu (木綿豆腐) – 300 g block
- Coconut aminos – 2 tbsp (30 ml) (*low-sodium soy sauce substitute*)
- Fresh lime juice – 2 tbsp (30 ml)
- Toasted sesame oil – 1 tbsp (15 ml)
- Fresh grated ginger – 1 tsp (5 g)
- Garlic – 1 small clove, finely grated
- Honey or maple syrup – 1 tsp (5 g) (*balances acidity*)

#### Vegetables & Nuts

- Red bell pepper – ½ medium (75 g), cut into strips
- Carrot – ½ medium (50 g), thinly sliced on the diagonal
- Broccoli – 120 g, small florets
- Shimeji or maitake mushrooms – 60 g, separated
- Green onion – 1 stalk, thinly sliced
- Unsalted roasted cashews – 25 g (about 2 tbsp)

#### For Serving

- Cooked Japanese rice or genmai (brown rice) – 160 g cooked (≈80 g uncooked)
- Lime wedges (optional)
- Toasted sesame seeds or chili flakes (optional garnish)



### Instructions

#### 1. Marinate the tofu

- Pat **tofu** dry, cut into 2 cm cubes, and place in a shallow container.
- Whisk together coconut aminos, lime juice, sesame oil, ginger, garlic, and honey.
- Pour over tofu, turning gently to coat.
- Cover and marinate in the refrigerator for 1–2 hours (or up to 4). Turn occasionally.

#### 2. Roast the tofu

- Preheat oven to 230°C.
- Line a baking tray with parchment and spread tofu pieces evenly (not touching).
- Roast for 18–20 minutes, turning halfway through, until lightly golden and crisp at the edges.

#### 3. Cook the vegetables

- In a large skillet or wok, heat 1 tsp sesame oil over medium-high.
- Add carrot and broccoli, stir-fry 2 minutes.
- Add bell pepper and mushrooms; cook 2–3 minutes more until crisp-tender.
- Add roasted tofu and cashews; toss to mix.

#### 4. Add finishing flavor

- Splash in 1–2 tsp lime juice and ½ tsp sesame oil to refresh the flavor before serving.
- Taste and add a few drops of coconut aminos if needed.

## 5. Serve

- Spoon tofu and vegetables over steamed rice.
- Sprinkle with green onions, sesame seeds, or chili flakes if desired.

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### ✨ Seasonal Variation Ideas (Tokyo Context)

- Fall/Winter: Kabocha (cubed & roasted), spinach, or shiitake mushrooms
- Spring: Asparagus, snap peas, or nanohana
- Summer: Eggplant, zucchini, or corn kernels

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### 📊 Estimated Nutrition (Per Serving)

Nutrient	Amount
Calories	~450 kcal
Protein	~22 g
Fat	~25 g
Saturated Fat	~3 g
Carbohydrates	~35 g
Sugars	~7 g
Fiber	~5 g
Sodium	~360 mg
Omega-3	~0.15 g

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### 🍋 Flavor Notes

- The lime + coconut aminos + sesame oil combo gives balanced brightness without saltiness.
- The cashews add creaminess and crunch, making this feel “main dish worthy.”
- Works beautifully with brown rice or barley blend if you want a more nutrient-dense base.