

Baked Tofu with Peanut Sauce & Coconut-Lime Rice

Serves 2

Ingredients

Coconut-Lime Rice

- 120 g Japanese white rice
- 160 ml water
- 80 ml coconut milk
- ¼ tsp salt

Quick Pickled Peppers

- 2 T (30 ml) lime juice
- 1 small bell pepper (120 g), thinly sliced
- ¼ tsp salt
- Black pepper to taste

Peanut Sauce

- 120 g smooth peanut butter
- 1 tsp (6 g) sesame paste
- 2 tsp (12 g) red miso
- 1 tsp grated ginger
- 1 tsp soy sauce
- 21 g honey
- 2 T (30 ml) lime juice
- ½ tsp lime zest
- 1 tsp fish sauce
- ¼ tsp ichimi togarashi
- 1 T canola oil
- 60 ml coconut milk
- 60 ml warm water

Tofu

- 1 block firm tofu (momen), 400 g
- 1 T cornstarch (for crispy coating)
- 1 tsp canola oil
- Pinch salt

Greens & Garnish

- 80 g mizuna, komatsuna, or baby spinach
- 45 g scallions, thinly sliced
- Lime wedges

Optional Crunch Finish

- 1 T chili crisp or chili oil (ラー油)
- 1 T roasted peanuts, crushed



- Pinch sesame seeds

Instructions

1. Cook the coconut-lime rice

Combine **rice**, **water**, **coconut milk** and **salt** in a rice cooker. Cook normally and fluff when finished.

2. Quick pickle the peppers

Mix **lime juice**, **salt** and **pepper**. Add **sliced peppers** and set aside while preparing the rest of the dish.

3. Prepare peanut sauce

Whisk together **peanut butter**, **miso**, **ginger**, **soy sauce**, **honey**, **lime juice**, **lime zest**, **fish sauce**, **ichimi**, **oil**, **coconut milk** and **warm water** until smooth and pourable.

4. Prepare tofu

Pat tofu dry and slice into 8 slabs. Lightly press between paper towels for **about 10 minutes**.

Optional Crispy Tofu Upgrade:

Toss tofu gently with **1 T cornstarch** until lightly coated. The coating should be very thin and barely visible.

5. Roast tofu

- Preheat oven to **220 °C**. Lightly **oil** a sheet pan and arrange tofu in a single layer. Sprinkle with a pinch of **salt**.
- Bake tofu **10 minutes** first to dry slightly. Remove pan, spoon about **2 T peanut sauce** over each tofu piece and drizzle lightly with **oil**.
- Return to oven and **roast another 12–15 minutes** until edges caramelize and sauce thickens.

6. Make dressing

To the remaining peanut sauce add **1 T lime juice** and **1 tsp honey** to thin slightly for dressing consistency.

7. Assemble bowls

Divide greens between bowls. Add rice. Place baked tofu on top. Spoon peanut dressing over everything.

8. Garnish

Add **pickled peppers** and **scallions**. Finish with **chili crisp**, crushed **peanuts** and **sesame seeds**.

Notes & Suggestions

- Komatsuna works particularly well if mizuna is unavailable.
- Do not boil peanut sauce; heat gently to prevent separation.
- The cornstarch coating improves texture but can be omitted for a softer tofu result.
- Coconut milk in the sauce creates a smoother emulsion and prevents heaviness typical of peanut sauces.

Nutrition

Per Serving: Kcal 615 | Protein 27 g | Fat 33 g | Sat Fat 7 g | Carbs 52 g | Sugars 11 g | Fiber 5 g | Sodium 820 mg | Omega-3 0.7 g

Total Dish: Kcal 1230 | Protein 54 g | Fat 66 g | Sat Fat 14 g | Carbs 104 g | Sugars 22 g | Fiber 10 g | Sodium 1640 mg | Omega-3 1.4 g