

Kale slaw with grilled vegetables and tofu bites

By Miele

25 minutes

Preparation time for the kale salad and the tofu

20 minutes

Cooking time for the kale salad and the tofu

4

Serves



INGREDIENTS

Kale slaw with grilled vegetables

2 tbsp olive oil
1 bunch broccolini
2 small zucchinis, sliced thinly on the diagonal
Salt flakes and pepper, to taste
1 tbsp extra virgin olive oil
2 tsp white wine vinegar
1 tsp white sugar
1 tbsp Dijon mustard
½ bunch Tuscan kale, very thinly sliced
1 cup shaved red cabbage
¼ red onion, very thinly sliced
2 tbsp thinly sliced parsley leaves

Tofu bites

100 g (½ cup) rice flour
Salt flakes and pepper, to taste
1 tsp Chinese 5 spice powder
750 g silken tofu, drained and cut into 2 cm squares
Vegetable oil, to shallow fry
1 lime, cut into wedges

Hummus

100 g (½ cup) dried chickpeas
2 garlic cloves, roughly chopped
½ tsp salt flakes, or to taste
60 ml (¼ cup) fresh lemon juice
80 g (? cup) tahini
1 tsp ground cumin
60 ml (¼ cup) iced water

Almond crumb mixture

65 g (? cup) buckwheat
55 g (? cup) pepitas
35 g (¼ cup) flaked almonds

Australian dukkah

100 g (? cup) macadamias
50 g (? cup) sesame seeds
½ tsp ground dried lemon myrtle, or 2 leaves
1 tbsp whole coriander seeds
2 tsp ground dried pepper berries or 1 tbsp whole dried pepper berries
1 tbsp wattle seed
2 tsp salt flakes

Miele Accessories

Gourmet griddle plate
Unperforated steam container
Universal tray

METHOD

Kale slaw with grilled vegetables

1. Preheat the griddle plate on medium-high heat, induction setting 7.
2. Combine the olive oil, broccolini and zucchini in a large bowl. Season with salt and pepper.
3. Place the broccolini and zucchini onto the griddle plate and cook for 4 minutes, or until charred but still firm.
4. Combine the extra virgin olive oil, vinegar, sugar and mustard in a bowl, whisk to combine. Season to taste.
5. Add the kale, cabbage and onion to the bowl. Add the parsley and toss well to combine with the dressing.
Serve with the grilled vegetables.

Tofu bites

1. Place the rice flour, salt, pepper and Chinese 5 spice powder onto a plate. Gently coat the tofu in the seasoned flour.
2. Heat 5 mm of oil in a saucepan over medium heat, induction setting 6. Gently fry the tofu bites for 5 minutes, or until crisp on all sides. Alternatively fry the tofu on TempControl setting 2.
3. Drain on paper towel and season with additional salt and pepper before serving with lime wedges.

Hummus

1. Place the chickpeas in a large bowl and cover with water, leave to soak overnight.
2. Drain the chickpeas and place in an unperforated steam tray. Cover with at least 3 cm of water and top with a lid. Place into the steam oven and Steam at 100°C for 50 minutes, or until very soft. Drain and cool for 5 minutes.
3. While the chickpeas are cooling, place garlic, salt and lemon juice into a food processor and blend to a puree.
4. Add the chickpeas, tahini and cumin; pulse to combine. With the motor running, add the iced water and process until the mixture is smooth and pale.
5. Thin with more iced water if you prefer a looser consistency. Season to taste.

Almond crumb mixture

1. Place the buckwheat, pepitas and almonds onto a universal tray. Place into the oven and cook on Fan Plus at 150°C for 15 minutes, or until toasted.

Australian dukkah

1. Place macadamias onto a universal tray. Place into the oven and cook on Fan Plus at 150°C for 15 minutes, or until toasted. Add the sesame seeds to the tray and cook a further 2 minutes, or until browned.
2. Blend or process the macadamias, lemon myrtle leaves, coriander seeds and pepper berries until a coarse mixture is formed. Combine with the sesame seeds, wattle seeds and salt.

To serve

1. Raise your salad game by combining the kale slaw with grilled vegetables and tofu bites with some, or all the other components.

Hint and tips

- Chinese 5 spice powder is a combination of 5 spices, usually star anise, cloves, cinnamon, Sichuan pepper and fennel seeds. It is commonly used in Chinese and Vietnamese cooking.
- This dukkah combines many of the delicious Australian ingredients that are becoming readily available in gourmet grocery stores.
- To conserve energy, it is possible to cook toast the nuts without preheating the oven thanks to Miele's quick heat up times.

