
Grilled Korean Tofu with Asian Pear Kim Chi Relish

Description

If there's any leftovers, both the tofu and relish make great tacos.

Total time: 1 hr 30 min Yield: 6 servings

Ingredients

48 oz firm tofu (drained)
3 Tbsp Kochujang (Korean pepper paste)
3 tsp soy sauce (low sodium)
3 Tbsp toasted sesame oil
½ Tbsp fish sauce
1 Tbsp agave or honey
1 Tbsp garlic (minced)
1 Tbsp ginger (minced)
1 cup Asian pear (small dice)
1 cup kim chi (well drained, small dice)
1 lime (juiced)
1/2 cup green onion (sliced thin)
1/2 cup cilantro
non-stick cooking spray

Prep Time: 1 hr 20 min Cooking Time: 10 min Total Time: 1 hr 30 min

Instructions

Cut the tofu into 4 equal pieces per package (total 12 pieces). Drain the tofu on paper towels top and bottom to absorb moisture. For the marinade, place the Kochujang, soy sauce, sesame oil, fish sauce, agave or honey, garlic and ginger into a bowl and mix well.

In a large baking dish add the drained and dried tofu then pour marinade evenly over tofu, turn to coat both sides. Cover with plastic wrap and marinate in the refrigerator for 1 hour.

For the relish, place the Asian pear, kim chi, lime juice, green onion and cilantro into a bowl and combine together.

Preheat grill to high heat. Spray each side of the marinated tofu with non-stick cooking spray and grill for 2 minutes on each side achieving nice char marks. Remove tofu from the grill and place on a serving platter. Top tofu with desired amount of relish. Serve with rice and vegetables.

Recipe brought to you by:

Chef Ryan Covert