

# MACHEESMO

## - MEALS -

## FIXING TOFU

**T**ofu is the dorky kid of the cooking world. Most people hate the stuff, but that's mostly because nobody knows what to do with it. It's a sponge, it comes in a tub of water, and did I mention it's a sponge?

What good could come of such a situation?

Turns out lots of good. While many tofu recipes involve pressing the tofu to squeeze out extra water, you only need to do that in one of the recipes in this plan. That makes these all really quick and easy to make. I think they will change your tofu view.

### Helpful Equipment:

- Food Processor
- Baking Sheet



You can click on these to zap you to Amazon and see my recommendation for each.

### MEAL 1

- Tofu Mac and Cheese
- Spinach Salad

### MEAL 2

- Kimchi Stew

### MEAL 3

- Black Pepper Tofu Stir Fry

### BONUS!

- Tofu Protein Scramble

**#macheesmomeals:** If you make anything in the meal plan, I would love it if you snapped a quick photo and shared it on Instagram or Twitter with the hashtag #macheesmomeals ! Thanks!



## MEAL 1 | A New Mac and Cheese

If you served this to someone blind-folded, I guarantee that they would have no idea it has tofu in it. The tofu is perfectly silky and actually makes mac-n-cheese healthy. The only tip on this is that it doesn't keep great. It's best right away so halve it if you aren't feeding at least four.

### Tofu Mac and Cheese

**Yield:** Serves 6 | **Time:** 40 min

#### Ingredients:

1 pound macaroni  
1 pound tofu (silken is best)  
1/3 cup Greek yogurt  
2/3-1 cup milk  
8 ounces sharp cheddar cheese  
2 tablespoons unsalted butter  
Salt and pepper

#### Toasted Bread Crumbs:

1 cup bread crumbs  
2 tablespoons unsalted butter  
1 teaspoon red pepper flakes

#### Directions:

- 1) Add tofu to a food processor and pulse until it's in a grainy texture.
- 2) Pour in yogurt, milk, and cheddar cheese and process until it's smooth. If it looks a little grainy it's okay, but if it's very grainy than add in a bit more milk.
- 3) Cook macaroni according to package. Drain.
- 4) Add butter to pot along with macaroni and stir over low heat until butter is melted.
- 5) Stir in all the cheese sauce and stir until heated and melted, about 5 minutes.
- 6) In a large skillet add butter over medium heat with the bread crumbs and red pepper flakes. Cook until crumbs are lightly browned.
- 7) Season macaroni with salt and pepper.
- 8) Serve immediately topped with seasoned bread crumbs!



### Quick Spinach Salad

**Yield:** Serves 6 | **Time:** 20 minutes.

#### Ingredients:

- 5 ounces baby spinach
- 1 large red pepper, chopped
- 1 cup shredded carrots
- 2 scallions, chopped
- 1 apple, peeled and diced
- 1/2 lemon, juice only

#### Quick Apple Cider Vinaigrette:

- 1/4 cup olive oil
- 2 tablespoon apple cider vinegar
- 1/2 lemon, juice only
- 1/2 teaspoon kosher salt
- Pinch of sugar

#### Directions:

- 1) Whisk together dressing ingredients. Pile salad ingredients into a large bowl.
- 2) For apple, peel and dice. Then toss apple with lemon juice and add apples to salad.
- 5) Serve salad with vinaigrette.

Leftover salad will keep great for a day or two in the fridge but don't dress it until you serve it.



## MEAL 2 | Spicy Kimchi Stew

This stew is a great intro to some delicious Asian flavors. They might be new to you but if you can find them, the stew is super-easy to make.

### Kimchi Stew

**Yield:** Serves 4 | **Time:** 1 hour.

### Ingredients:

16 ounces tofu, cubed  
4 ounces fresh shiitake mushrooms, sliced  
1 tablespoon vegetable oil  
16 ounces spicy kimchi  
2 tablespoons Korean gochujang  
8 cups water  
2 tablespoons soy sauce  
Fresh scallions  
Cilantro  
4 Egg yolks  
Bean sprouts

### Directions:

1) Bring a medium pot of salted water to a light simmer and add the tofu cubes. Simmer for 4-5 minutes until the tofu is slightly puffed. It should firm up a bit as well. Remove the tofu with a slotted spoon and set aside for later.

2) In a medium/large skillet, add a drizzle of oil over medium heat. Add sliced mushrooms and cook until they lose their liquid and brown slightly, about 5-6 minutes.

3) In a large pot, add kimchi and gochujang and cook over medium heat for 5 minutes to combine flavors. Add cooked mushrooms, water, and soy sauce. Bring to a simmer and simmer the stew for 30 minutes until the kimchi is translucent and tender.

4) Add the tofu to the stew near the end of cooking and cook for another few minutes. Keep stew warm until you're ready to serve it.

Garnish stew with fresh scallions, bean sprouts, cilantro, and an egg yolk.

**NOTE:** Some people are scared of a raw yolk like this, but it basically cooks in the soup once you stir it together. If it concerns you, you can leave it out or softly poach or fry the egg first.



### Ingredient Spotlight: Gochujang

This spicy chili paste is really common in Korean cooking and you should be able to find a huge jar of it in any Asian market worth its soy sauce.

In a pinch, you can substitute chili garlic sauce from any normal supermarket but it won't be the same.

Try to hunt down the real deal if you can.



## MEAL 3 | Black Pepper Tofu Stir-Fry

This is the only dish that really benefits from the tofu pressing method. Don't worry though. After that it's a quick meal to make.

### Black Pepper Tofu

Yield: 4 Servings | Time: 40 min.

#### Ingredients:

1 pound extra firm tofu, pressed and cubed  
2 cups vegetable oil, for frying  
Cornstarch, for dusting  
4 tablespoons unsalted butter or oil  
2 red chiles, 1 like red jalapenos  
1/2 cup shallots, about 3 large shallots  
4-5 cloves garlic, minced  
1-2 inches fresh ginger, diced  
3 tablespoons soy sauce  
1 tablespoon sugar  
1 tablespoon sesame oil  
1 tablespoon black peppercorns, roughly ground  
6 scallions, chopped  
Rice for serving

#### Directions:

- 1) Slice tofu block into three or four large slices and press them between a few paper towels with some weight on top for about five minutes to press out some of the water.
- 2) Cube tofu and toss with cornstarch until the cubes are lightly coated. A few tablespoons of cornstarch will be enough.
- 3) Heat oil in a large wok or frying pan and fry tofu in two batches at 350 degrees until the tofu is nicely crisp, about 6-8 minutes per batch.
- 4) Remove tofu and let drain on a paper towel. Pour out oil. Don't worry about cleaning wok or pan.
- 5) Add butter to wok and once melted, add shallots, chiles, garlic, and ginger. Cook over medium-high heat until veggies start to get soft, about 3-4 minutes.
- 6) In a separate bowl, whisk together soy sauce, sugar, and sesame oil. Grind peppercorns roughly.
- 7) Pour soy sauce mixture into wok and let reduce for a minute or two. Add black pepper and tofu and toss to combine and heat tofu.
- 8) Serve immediately with rice and chopped scallions.





## 10 Minute Breakfast | Protein Scramble

If you don't get enough protein in your day, this is a great way to front-load some protein into your breakfast. The extra tofu gives the eggs some great body and it's really easy to cook. I keep it simple, but you could top these with almost anything from salsa to cheese.

### Tofu Protein Scramble

**Yield:** Serves 2 | **Time:** 10 min.

#### Ingredients:

6 ounces soft or silken tofu  
4 eggs  
1 tablespoon olive oil  
Red pepper flakes  
Salt and pepper  
Scallions, minced  
Hot sauce

#### Directions:

- 1) In a medium bowl, mash the tofu until it's mostly smooth, but some lumps are inevitable. Stir in a pinch of salt, pepper, red pepper flakes, and a small drizzle of olive oil (maybe a teaspoon).
- 2) Crack in eggs and whisk into the tofu until the mixture is a single consistency. Optionally, you can use egg whites instead of whole eggs, but I recommend using at least 1-2 yolks.
- 3) In a medium-large skillet, add a drizzle of oil over medium heat. Once hot, add the whisked eggs and tofu and let sit for 1-2 minutes until the eggs start to firm up.
- 4) Lightly stir the eggs but try not to over-stir them. You want the curds in somewhat large pieces. Continue to cook until the the eggs are 95% cooked, but there's still a shimmer of uncooked egg. Kill the heat and the residual heat will finish cooking the eggs.
- 5) Serve scramble immediately topped with scallions and hot sauce!





## SHOPPING LIST

This is a full list of all the ingredients used in every meal in this week's plan. I recommend reviewing it for stuff you probably already have on hand before rushing out to the store and buying everything! If items on the list don't have amounts, it is most likely because the recipe uses a very small amount of that ingredient or it is used as a garnish.

**Note:** The taco seasoning ingredients aren't included in the below list.

### Fresh Produce

- Apples (1)
- Baby spinach (5 oz.)
- Bean sprouts (garnish)
- Carrots, shredded (1 cup)
- Cilantro (garnish)
- Garlic (5 cloves)
- Ginger (2 inches)
- Jalapeno, red (2)
- Lemon (1)
- Red pepper (1)
- Scallions (2 bunches)
- Shallots (3 large)
- Shiitake mushrooms (4 oz.)

### Meat, Poultry, Seafood

Vegetarian Meal Plan!

### Dairy

- Butter, unsalted (8 Tbsp.)
- Cheddar cheese (8 oz.)
- Eggs, large (8)
- Greek yogurt (1/3 cup)
- Milk (1 cup)

### Spices and Pantry Items

- Apple Cider Vinegar (2 Tbsp.)
- Black pepper (1 Tbsp. + extra)
- Bread crumbs (1 cup)
- Corn starch (for dusting)
- Gochujang (2 Tbsp.)
- SUB: Chili garlic sauce
- Hot sauce
- Kimchi (16 oz.)
- Kosher salt
- Macaroni (1 lb.)
- Olive oil (1/4 cup + 1 Tbsp.)
- Red pepper flakes (1 teas. + extra)
- Rice (2 cups for serving)
- Sesame oil (1 Tbsp.)
- Soy sauce (5 Tbsp.)
- Sugar (1 Tbsp + extra)
- Tofu, Extra firm (16 oz.)
- Tofu, Firm (16 oz.)
- Tofu, soft or silken (16 oz. + 6 oz.)
- Vegetable oil (2 cups + 1 Tbsp.)