

Spring Vegetables

Spring 2025

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Deconstructed Spring Roll Salad

Serves 3-4

Time 45 minutes

Vegan

Common Allergens Soy, peanuts, may contain wheat, sesame, alcohol (check labels)

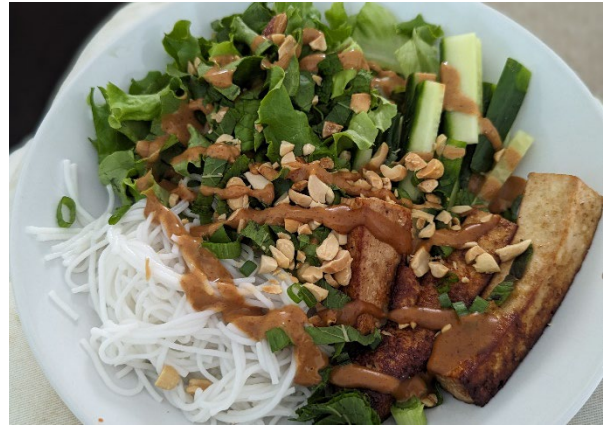
Recipe adapted from [The Viet Vegan](#)

Ingredients

- 1 block extra-firm tofu, drained and pressed
- $\frac{1}{4}$ cup soy sauce or tamari
- $\frac{1}{2}$ teaspoon garlic powder
- 2 tablespoons olive oil, divided
- 8 ounces rice vermicelli noodles
- 1 head green leaf or butter lettuce, chopped
- 2 cups cucumber, cut into strips
- 4 green onions or chives, sliced
- $\frac{1}{4}$ cup mint leaves, torn
- Optional: 1 bunch cilantro, leaves torn
- $\frac{1}{4}$ cup crushed peanuts

For the peanut sauce:

- $\frac{1}{2}$ cup natural peanut butter
- $\frac{1}{3}$ cup hoisin sauce
- 1 teaspoon sriracha sauce



Instructions

1. Whisk together the soy sauce, garlic powder, and 1 tablespoon olive oil in a food storage container slightly larger than the block of tofu. Cut the drained tofu into thick strips and place into the marinade. Let sit for up to 1 hour.
2. Cook noodles according to package directions.
3. In a jar or medium bowl, whisk together peanut butter, hoisin, sriracha, and $\frac{1}{3}$ cup water. Add more water if necessary to reach desired consistency - it should be thick yet pourable.
4. Heat remaining tablespoon of olive oil in a large nonstick skillet, then pan-fry the tofu until each side is browned. Set aside.
5. Arrange lettuce, rice noodles, cooked marinated tofu, cucumber, green onions or chives, mint leaves, and cilantro if using, in a serving bowl. Drizzle with dressing and garnish with crushed peanuts.

Notes

- To make this recipe wheat/gluten-free, use gluten-free soy sauce or tamari and check hoisin label (may have other common allergens like soy, sesame, or alcohol)
- For meal prep, assemble all salad ingredients except dressing and peanuts. Add dressing and peanuts just before serving.
- Add [pickled daikon and carrots](#) if you'd like.