



## EASY VEGAN PHO WITH NUT CRUSTED TOFU

Vegan Pho is a comforting noodle soup that you can load up with your favorite toppings. This version is not at all traditional, but it's definitely the fastest way you can make it at home!

### INGREDIENTS

#### VEGAN PHO BROTH

- 1 tablespoon extra-virgin olive oil
- 1 yellow onion , sliced
- 3 inches fresh ginger , sliced
- 3 cloves garlic , sliced
- 2 whole star anise (or 1/4 teaspoon ground)
- 5 whole cloves (or 1/4 teaspoon ground)
- 2 cinnamon sticks (or 1/2 teaspoon ground)
- 1 teaspoon ground coriander
- 8 cups vegetable broth
- 2 tablespoons tamari (gluten-free soy sauce)
- 1 tablespoon maple syrup
- fine sea salt , to taste

### NUT CRUSTED TOFU INGREDIENTS

- 1/2 cup roasted, unsalted shelled pistachios
- 1/4 cup whole-wheat or gluten-free bread crumbs
- 1 shallot, minced
- 1 garlic, minced
- 1 teaspoon grated lemon zest
- 1/2 teaspoon dried tarragon
- Salt and freshly ground black pepper
- 1 package sprouted or extra-firm tofu, drained and sliced lengthwise into 8 pieces
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice

### ASSEMBLY

- 8 ounces rice noodles
- 1 tablespoon olive oil
- 8 ounces cremini mushrooms , sliced
- 3 green onions , chopped
- 1 cup mung bean sprouts
- 1/2 cup fresh cilantro
- 1 jalapeno , sliced
- lime wedges , if desired

## INSTRUCTIONS

To prepare the broth, heat the olive oil in a 6-quart pot over medium-high heat. Sauté the sliced onion, ginger, and garlic until golden, about 5 to 8 minutes. Add a splash of water, as needed, to prevent sticking. (This will also help stop browning on the bottom of the pot.)  
onions and ginger browned in pot

When the onions are tender, add in the star anise, cloves, cinnamon sticks, and coriander. Stir briefly, until fragrant, about 1 minute.

Add in the broth and tamari, then bring the mixture to a gentle simmer. Let the broth simmer uncovered for as little as 15 minutes, or as long as 30 minutes, for extra flavor.

While the broth is simmering, prepare the noodles in a separate pot of water on the stove. You can also sauté the mushrooms in olive oil in a separate skillet over medium heat, until they are tender, about 8 minutes. This way the noodles, mushrooms, and broth should all be ready at the same time.

When the broth is done simmering, strain out the solids and discard them. Season the broth to taste, with salt and maple syrup. (I usually add 1/2 to 3/4 teaspoon salt total.)

To serve, divide the noodles and mushrooms between 4 bowls. Ladle the hot broth over the top, and serve with your favorite toppings, like green onions, mung bean sprouts, cilantro, sliced jalapeno, and lime slices. Stir it all together to add extra flavor to the broth, then enjoy the noodles & veggies with chopsticks and drink the broth with a soup spoon. Leftover pho broth can be stored in the fridge for up to 5 days.

## Nut-Crusted Tofu

### Ingredients

1/2 cup roasted, unsalted shelled pistachios  
1/4 cup whole-wheat or gluten-free bread crumbs  
1 shallot, minced  
1 garlic, minced  
1 teaspoon grated lemon zest  
1/2 teaspoon dried tarragon  
Salt and freshly ground black pepper  
1 package sprouted or extra-firm tofu, drained and sliced lengthwise into 8 pieces  
1 tablespoon Dijon mustard  
1 tablespoon lemon juice

### Directions

Preheat oven to 375°F and line a baking sheet with parchment.

Using a food processor or a knife, chop pistachios until they are about the size of the bread crumbs. Combine pistachios with bread crumbs, shallot, garlic, lemon zest, and tarragon in a pie plate. Season with salt and pepper.

Season tofu with salt and pepper. Combine mustard and lemon juice in a small bowl. Spread mustard mixture evenly over top and sides of tofu, then press each slice into bread crumb mixture.

Place tofu, uncoated side down, on baking sheet. Sprinkle any leftover bread crumb mixture evenly on top of slices. Bake until tops are browned, about 20 minutes.