

Zoodle and Veggie Bowl

Recipe By *Joodie the Foodie*



Cooking and Prep:  1 h

Serves:  2

Contains:    

Preference: Parve

Difficulty: Medium

Occasion: Passover

Diet: Vegetarian, Vegan,
Pescetarian, Low Fat, Low

Carb

Cuisines: Asian

Ingredients (20)

Zoodle and Veggie Bowl

- 1 large dark green zucchini
- 1 large crookneck squash yellow
- 1 large, light green cousa squash
- 2 white carrots
- 2 orange carrots

- 1 box mushrooms
 - 1 tablespoon **Bartenura Olive Oil**
 - garlic chili sauce
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Tofu Bites

- 1 block extra firm tofu
 - 1/2 cup soy sauce
 - 2 tablespoons **Galilee's Delicacy Silan Date Syrup**
 - 2 tablespoons mirin
 - 2 tablespoons rice vinegar
 - 1 teaspoon **Gefen Sesame Oil**
 - 1 teaspoon sriracha
 - 2 teaspoons lime juice
 - 2 teaspoons freshly grated ginger or 2 cubes **Gefen Frozen Ginger**
 - 1/4 teaspoon crushed red pepper
 - 4 cloves garlic, minced or 4 cubes **Gefen Frozen Garlic**
 - 2 teaspoons cornstarch
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Start Cooking

Zoodle and Veggie Bowl

1. Using a spiralizer, spiralize your three kinds of squashes. Julienne the carrots. Slice the mushrooms.
- 2.

Add olive oil to a large sauté pan and heat up over a medium flame. Add in the carrots and mushrooms and sauté until soft. If you would like to keep everything separate like I did in the picture, remove the carrots and mushrooms to a plate. Sauté each of the squashes separately also for two to three minutes each, just until lightly softened. Otherwise just add in all the squashes to the carrots.

3. Place the veggies on a plate, top with the tofu bites, scallion greens and sesame seeds. Use a tiny bit of store-bought garlic chili sauce for seasoning.

Note:

If making for Passover, top with Passover-friendly toppings and sauces!

Tofu Bites or Sticks

If making this dish for Passover, note that Tofu Bites are kitniyot!

1. Drain the tofu and place the block of tofu on several layers of paper towels. Cover tofu with several more layers of paper towels. Top with a heavy pan. Let stand 30 minutes to remove the moisture.
2. Meanwhile, whisk together all remaining ingredients except cornstarch. Set the marinade aside.
3. Cut tofu into half-inch cubes if for a salad or stir fry, or into half-inch matchsticks for sushi.
4. Place in marinade, mixing gently to coat all the tofu. Let it marinate for half an hour, but if you don't have time you can leave in for 10 minutes.
5. Preheat the oven to 400°F. Remove the tofu from the marinade (reserving the marinade) and place the tofu onto a parchment-lined baking sheet.
6. Pour the marinade into a small saucepan, add in 2 teaspoons cornstarch and boil until it thickens.
7. Bake the tofu for 30 minutes, flipping them halfway through and brushing with the marinade right before the flip and on the other side after the flip. Brush with remaining marinade right before removing from oven and let bake for five more minutes.

About

This recipe **originally appeared** on Joodie the Foodie. Visit joodiethethefoodie.com for more fresh perspectives on classic dishes.