

Seared Tofu with Fresh Pea Sauce, Dates, Jammy Onions

Yield Serves 3 | Prep & Cook time 30 minutes

One block firm or extra-firm tofu
Salt
¼ cup raw sunflower seeds
1 to 2 tablespoons olive oil or avocado oil
½ medium red onion, cut into strips
2 dates, pitted and cut into thin strips
1 tablespoon white wine vinegar
1 ½ to 2 cups cooked farro, brown rice, or other grain, for serving

Fresh Pea Sauce

1 cup (150 g) frozen peas, thawed
Handful parsley leaves
2 tablespoons lemon juice
2 teaspoons olive oil
1 tablespoon tahini
¼ teaspoon fine sea salt
3 to 4 tablespoons warm water

Quickly thaw frozen peas by putting them in a colander and running warm tap water over them.

1. *To make the pea sauce:* Combine the thawed peas, parsley, lemon juice, oil, tahini, and salt in a blender and puree until combined. With the motor running, add warm water a tablespoon at a time, until a very smooth, light sauce forms.
2. Cut the tofu into 8 or 12 evenly sized squares or rectangles. Blot them dry with a clean towel then sprinkle evenly with salt all over.
3. Set your widest skillet over medium heat, and once it's hot, add the sunflower seeds. Toast them, swirling the pan often, until evenly browned, 3 to 5 minutes. Transfer to a plate or bowl, and return the skillet to the heat.
4. Swirl a thin film of olive oil into the preheated skillet, then arrange the tofu pieces in an even layer. Sear them, applying a bit of pressure every now and then with a spatula, until evenly golden and crisp on the bottom, 4 to 6 minutes. Flip and repeat. Transfer them to a paper towel to drain, then add the onions and dates to the skillet. Cook until the onions are soft and lightly seared, 10 to 12 minutes, then stir in the vinegar. Return the tofu to the pan, turning it over in the juices and onions.
5. To serve, divide the tofu mixture among 3 plates over scoops of farro, and add a generous spoonful of the pea sauce on the side. Sprinkle with the toasted sunflower seeds.