



HOME CHEF

Smoky Tofu Club Sandwich

With Pimenton Aioli, Caramelized Onions, and Garlic Potato Wedges



Want a deli-quality sandwich without all the fat? We start with fresh, fluffy sourdough slices and pile on pan-seared tofu. Then Pimenton aioli, caramelized onions, baby arugula, and tomatoes are added for the ultimate in club sandwich satisfaction. We pair this luscious sandwich with garlic potato wedges and the whole dish is low-calorie and seriously satisfying.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 622
Carbohydrates: 81g
Fat: 23g
Protein: 28g
Sodium: 711mg
per serving

DIETARY



LOW CALORIE



DAIRY-FREE



NUT-FREE

DRINK PAIRING

Cold Light Beer
Pinot Noir
Chilled Pinot Grigio

INGREDIENTS

1 Yellow Onion
1 Russet Potato
1 Tomato
13 oz. Tofu, Extra Firm
2 Garlic Cloves
1 Tbsp. Liquid Smoke
1 Tbsp. Smoked Paprika
2 oz. Vegenaïse
4 Sourdough Bread, Vegan
½ oz. Baby Arugula

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Baking Sheet
3 Mixing Bowls
Medium Pan

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Prepare the Ingredients

Preheat the oven to 400 degrees and prepare a baking sheet with foil or use a non-stick baking sheet. Thoroughly rinse produce and pat dry. Peel and thinly slice **onion**. Slice **potato** into fry-sized wedges. Slice **tomato** into thin rounds. Rinse and drain **tofu**, gently pressing out any additional liquid from the block. Cut tofu into 6-8 slices. Finely mince **garlic**.

Prepare the Potato Wedges

In a mixing bowl, combine **potato wedges**, half of the minced **garlic**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper**. Toss to ensure wedges are completely coated with oil and spices. Spread wedges on baking sheet (avoiding overlap) and bake for 30-35 minutes, flipping midway through, or until browned and crisp. Remove from oven and allow wedges to cool for 5 minutes on the baking sheet to get crispy, then remove to a plate.

Marinate and Cook the Tofu

While potatoes are baking, combine **liquid smoke**, half of the **smoked paprika**, a pinch of **salt** and **pepper**, and 2 Tbsp. of **water** in a bowl. Add **tofu** and marinate for 10 minutes. Warm a medium pan with 1 tsp. **olive oil** over high heat. Remove tofu from marinade and pat dry. Add tofu slices to the hot pan, 3-4 at a time, and cook on each side for 5 minutes, or until sides are lightly charred. Remove to a plate and set aside.

Caramelize the Onions

Wipe out the same pan as you cooked the tofu in and add the remaining **tofu marinade liquid** and the **onion slices** and cook over medium heat. Cook for 10 minutes, stirring occasionally, or until onions are tender and caramelized and liquid has reduced. Remove from heat and set aside.

Prepare the Aioli and Toast the Bread

In a small dish, combine the **Vegenaïse**, remaining half of the **garlic**, remaining **smoked paprika**, and a pinch of **salt** and **pepper**. Place **bread** on baking sheet you used for potatoes for 2-3 minutes on each side to toast, or in a toaster until desired crispness is achieved.

Plate the Dish

Place **toasted bread slices** on a plate. Slather insides with **aioli**. Put 3-4 slices of **tofu** on one piece of bread. Top with **caramelized onions**, **tomato slices**, **baby arugula**, and top another piece of toasted bread. Arrange a pile of **potato wedges** next to sandwich. Use any remaining aioli for dipping the wedges!