

CHIKA'S EGGS WITH SOY SAUCE & SCALLIONS AND TOFU AVOCADO SALAD FOR SAMARA LUBELSKI

El Virtual March Concert Series March 15th 2021

EGGS WITH SOY SAUCE & SCALLIONS

Eggs with Soy Sauce Sauce & Scallions is a 5-minute cheap, easy meal perfect for busy weeknights and days when the fridge is seemingly empty. It's also super delicious!



INGREDIENTS

- 2 [scallions](#)
- 1 tablespoon oil
- 2 eggs
- 1 cup [cooked white rice](#)
- 1 tablespoon [soy sauce](#) *(or to taste)*
- 2 tablespoons water
- 1/4 teaspoon sugar
- 1 teaspoon [shaoxing wine](#) *(optional)*

INSTRUCTIONS

1. Prepare the scallions by cutting them into 2-inch lengths. Take the white part and halve or quarter them lengthwise.
2. Heat the oil in a nonstick or cast iron pan over medium high heat. Fry the eggs sunny-side up, over easy, or however you like them. Lay the eggs over a bed of hot cooked rice.
3. Add the scallions to the pan, and cook until just beginning to wilt. Add the soy sauce, water, sugar, and optional Shaoxing wine, if using. Simmer for 30 seconds, and pour over the eggs and rice. Serve!

TOFU AVOCADO SALAD

This tofu avocado salad is a no-cook, vegan, healthy recipe with an Asian dressing that can be customized to your liking!

Serve as a side or light meal!



INGREDIENTS

- 7 ounces [silken tofu](#)
(200g, or about half a package)
- 1 ripe avocado

- 2 cloves [garlic](#) (*grated*)
- 1 teaspoon [ginger](#) (*grated*)
- 2 tablespoons [light soy sauce](#)
- 1 teaspoon [sesame oil](#)
- 1/2 teaspoon sugar
- 1/2 teaspoon [Chinese black vinegar](#) (*can substitute rice wine vinegar, lime juice, yuzu, etc.*)
- 1/4 teaspoon [white pepper](#)
- 2 teaspoons water
- salt (*to taste; you may not need any*)
- 1 [scallion](#) (*finely chopped*)

INSTRUCTIONS

1. Start by thinly slicing your silken tofu into small squares. Also cut your avocado in half. Thinly slice it crosswise so you get pieces similarly sized to the tofu slices. Arrange alternating slices of silken tofu and avocado on a serving platter.
2. In a small bowl, combine the minced garlic and ginger, soy sauce, sesame oil, sugar, vinegar, white pepper, water, and salt to taste. Mix well to combine, and drizzle over the tofu and avocado.
3. Garnish with chopped scallions and serve.