

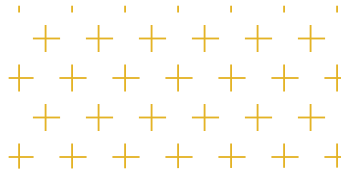
## MIZUNA TWO WAYS

Mizuna is a versatile, lightly spicy Japanese vegetable that is mild and less bitter than mustard greens. It can be eaten raw or lightly cooked to retain its crunchy texture. It's soft, spicy flavor makes it an excellent accompaniment to soups, salads, and stir fries.

**Servings:** 4 side servings

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes



### Ingredients

#### **Mizuna Two Ways:**

- One bunch (3C) Mizuna (leaves and trimmed stalks) cut into 2"-3" pieces
- 1 clove garlic, crushed (more for garlic lovers)
- 1 - 2 Tbsp olive oil
- Salt & Pepper to taste
- Sesame seeds for garnish

#### **Non-Vegetarian:**

- 2 slices of bacon

#### **Vegetarian:**

- 7 oz of medium tofu. Drain and press under a plate with heavy cans to remove excess water.

### Directions

#### **Non-Vegetarian:**

- Cook the bacon until crisp. Cool and crumble. Set aside.
- Heat a fry pan over high heat and add olive oil. Heat the oil to the light smoking point, but do not burn the oil. Toss salt directly onto the oil.
- Reduce heat and add garlic. Stir, being careful to not let the garlic burn (less than 1 minute).
- Add the mizuna all at once. Toss and coat until the mizuna wilts and ingredients are combined.
- Add bacon and toss.
- Remove from heat.
- Taste for salt and pepper. (Finishing salts are wonderful for this)
- Place ingredients in serving bowl.
- Top with sesame seeds.
- Serve and enjoy immediately.

#### **Vegetarian:**

- Drain and cut tofu into 2" cubes; press gently to remove excess water.
- Cook tofu until crisp on the outside. Set aside to cool.
- Heat a fry pan over high heat and add olive oil. Heat the oil to the light smoking point, but do not burn the oil. Toss salt directly onto the oil.
- Reduce heat and add garlic. Stir, being careful to not let the garlic burn (less than 1 minute).
- Add the mizuna all at once. Toss and coat until the mizuna wilts and ingredients are combined.
- Add tofu and toss.
- Remove from heat.
- Taste for salt and pepper. (Finishing salts are wonderful for this)
- Place ingredients in serving bowl.
- Top with sesame seeds.
- Serve and enjoy immediately.

