



Salad Recipes

Marinated Tofu Salad

Preparation time: 15mins

Serves 4-6

A quick and easy Asian inspired meal.

Ingredients:

- * ½ a red capsicum (bell pepper), sliced into thin sticks
- * 1 large carrot, peeled and sliced into thin sticks
- * 200g (7 oz) marinated tofu, sliced into thin sticks
- * 1 cup fresh bean sprouts
- * 2 shallots, diced
- * 1 bunch of fresh Asian salad greens or a mixture of baby lettuce and Chinese cabbage
- * 1 tbs sesame seeds, roasted



For the dressing:

- * 1 tsp hoisin sauce
- * 1 tsp sesame oil
- * 1 tbs soy sauce
- * 1 tbs lemon juice

Directions:

Combine the salad ingredients, including the tofu, and arrange on a large platter.

Combine the dressing ingredients by whisking well in a small bowl or jug.

Pour the dressing over the salad and top with roasted sesame seeds.

Source: Vegan Num Num