

Tofu Salad

Calories: 85 kcal

Servings: 1

Time: 45 Mins

Ingredients

- 50.00 g Bean Sprouts
- 50.00 g Carrots (peeled, cut into matchsticks)
- 10.00 ml Flaxseed Oil
- 40.00 g Lettuce
- 2.00 g Salt and Pepper (to season)
- 22.00 g Sesame Seeds (tosted)
- 15.00 g Spring Onion (thinly sliced)
- 100.00 g Tofu (thinly sliced, marinated in tamari/soy sauce)

Instructions

1. Marinade:
2. Thinly slice and drain tofu first by squeezing between two plates weighted covered in paper towel weighted down for 15-30 minutes.
3. Once excess moisture is drained, marinade tofu for a further 15 minutes in half of the soy sauce.
4. Tofu Salad:
5. Combine the tofu with carrot, beansprouts, spring onion and lettuce in a bowl.
6. Drizzle with the rest of the soy sauce and flaxseed oil, sprinkle with sesame seeds and season with salt and pepper.