

Pan-Fried Tofu with Cabbage Salad

Calories: 72 kcal

Servings: 1

Time: 0 Mins

Ingredients

- 1.00 tbsp Apple Cider Vinegar
- 100.00 g Bean Sprouts
- 120.00 g Chinese Cabbage
- 4.00 springs Coriander (fresh, finely chopped)
- 1.00 tbsp Flaxseed Oil
- 1.00 tbsp Lemongrass (fresh, finely chopped)
- 100.00 g Nigari Tofu (firm)
- 1.00 pod Red Chilli (fresh, sliced thinly)
- 40.00 g Red Onions (sliced thinly)

Instructions

1. Slice tofu and pat dry with absorbent paper.
2. Spray fry pan with cooking spray and cook tofu until browned on both sides.
3. Place lemon grass, chilli, onion, sprouts, cabbage and coriander in a bowl and toss gently to combine.
4. Pour over combined flaxseed oil and apple cider vinegar and top with tofu.