



Tofu Salad ( H )

Serving: 1

Veg

### *Ingredients*

- -100 gm tofu
- - $\frac{1}{4}$  cup cabbage chopped
- - $\frac{1}{4}$  cup capsicum, chopped
- - $\frac{1}{4}$  cup carrot, chopped
- - $\frac{1}{4}$  cup tomato
- -2-3 baby corn, cut into pieces
- - $\frac{1}{2}$  tsp mustard seeds
- - $\frac{1}{2}$  tsp vinegar
- - $\frac{1}{4}$  tsp black pepper
- -Salt to taste
- -1 tsp oil

### *Preparation Method*

- -Heat oil in a non stick pan, add mustard seeds and let it splutter
- -Add vegetables and tofu and toss it properly
- -Add vinegar, black pepper, salt and mix well
- -Serve.