



— Warm Tofu salad —

Nutritional Information

Energy

Cost of Total servings

Cost Per serving

Total servings

800 kcal

\$8.45

\$2.10

Per serving

200 kcal

Ingredients

Dressing

- 6 tbsp lime juice
- 30g chilli padi, finely chopped
- 30g coriander leaves, chopped
- 30g mint leaves, chopped
- 2 tbsp brown sugar
- 2 tbsp fish sauce

Salad

- 1 box silken tofu
- 1 stalk celery, thinly diced
- 8 cherry tomatoes, sliced into halves
- 50g cucumber, diced diagonally
- 4 quail eggs, cooked, shelled
- 100g purple grapes
- 1 head butter lettuce leaves

Garnish

- 10g walnut, chopped
- 30g almond, dry roasted
- Fresh mint leaves

Method

- Mix all dressing ingredients together. Taste and adjust seasoning if required. Set aside.
- Rest tofu in boiling water for 5 to 10 minutes or till tofu warms through. Remove. When cool, cut into 8 squares. Marinate in the dressing.
- Slice 8 cherry tomatoes into halves.
- Put celery, cucumber, grapes, quail eggs, tofu and tomatoes into a bowl. Pour the dressing into the salad and toss lightly.
- Put lettuce cups in a bowl. Pour dressed salad on top.
- Sprinkle with chopped almond and walnuts. Garnish with mint leaves.
- Serve extra dressing on the side.

