

THAI SALAD WITH PEANUT TOFU

Serves 4

Calories: 441 Carbohydrates: 43.3 g Protein: 21.1 g Fat: 23.7 g

INGREDIENTS

SALAD

- 180g soba or vermicelli noodles
- 2 medium whole carrots grated or spirailised
- 2 spring onions finely chopped
- 1/4 cup chopped corinader
- 2-3 Tbsp chopped mint
- 1 cup loosely packed spinach (chopped)
- 1 cup thinly sliced red cabbage
- 1 medium capsicum (thinly sliced)
- 1 batch of peanut tofu (recipe below or buy flavoured tofu or tempeh)

DRESSING

- 1/3 cup salted creamy peanut or almond butter
- 3 Tbsp soy sauce
- 3 Tbsp maple syrup
- 1 medium lime, juiced (yields ~3 Tbsp or 45 ml)
- ~1/4 cup water (to thin)
- Optional 1 red thai chilli, seeds removed and finely chopped

DIRECTIONS

1. Cook noodles according to package instructions, rinse, drain, and set aside to cool.

2. To a large serving bowl, add noodles, carrots, spring onions, coriander, mint, spinach, cabbage, and red bell pepper and toss loosely to combine. Set aside.
3. Make dressing by adding peanut butter, soy sauce, maple syrup, lime juice and chilli to a small mixing bowl and whisking to combine. Then add warm water a little at a time until the sauce is thick but pourable.
4. Taste and adjust seasonings as needed, adding more maple syrup for sweetness, chili for heat, lime juice for acidity, or soy for saltiness. Set aside.

PEANUT TOFU

- 200g of firm tofu cut into small cubes or thin slices

MARINADE

- 1 1/2 Tbsp sesame oil
- 2 Tbsp peanut or almond butter
- 2 Tbsp soy sauce
- 2 Tbsp lime juice
- 3 Tbsp maple syrup

DIRECTIONS

1. Mix marinade by adding sesame oil, peanut butter, soy sauce, lime juice, and maple syrup. Whisk to combine. Taste and adjust flavour as needed.
2. Add cubed tofu (or tempeh) to the marinade and toss to coat. Then cover and refrigerate for at least 2 hours, preferably 24 hours.
3. Once marinated, preheat oven to 190 C and line a baking sheet with parchment paper. Add tofu and reserve any leftover marinade to brush/coat once baked.
4. Bake for 22-30 minutes or until caramelized and deep golden brown. Remove from oven and brush/coat with any remaining marinade.

DIRECTIONS

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