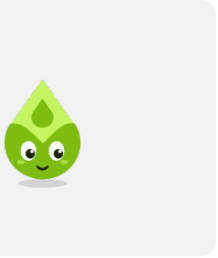
Lunch

Golden Sesame Tofu Crunch Salad

Crispy golden tofu sits on a crunchy bed of shredded cabbage, grated carrot, and thinly sliced red capsicum, tossed with a sesame soy dressing and topped with mixed seeds for a fresh, satisfying salad.



Vegan | Dairy free

20 min	360	10 g	6.4 g
time	calories	carbs	sugars

Ingredients, 1 serving

- [ ] 1 cup shredded cabbage (red, green, or a mix)
- [ ] 1/2 cup grated carrot
- [ ] 1/4 red capsicum, thinly sliced
- [ ] 120 g firm tofu
- [ ] 2 teaspoon sesame oil
- [ ] 1 teaspoon reduced-salt soy sauce
- [ ] 1 teaspoon rice vinegar (or lemon juice)
- [ ] 1 tablespoon mixed seeds (sunflower and/or pumpkin seeds)

Method

- [ ] **1** Tip the shredded cabbage, grated carrot, and thinly sliced red capsicum into a large mixing bowl.
- [ ] **2** Stir 1 teaspoon of the sesame oil together with the reduced-salt soy sauce and the rice vinegar in a small bowl to make the dressing, then put it aside for later.
- [ ] **3** Press the firm tofu dry using paper towel, then slice it into small cubes or strips.
- [ ] **4** Pour the remaining 1 teaspoon of sesame oil into a non-stick pan and set it over medium heat.
- [ ] **5** Fry the firm tofu for 5 to 7 minutes, flipping the pieces now and then, until they turn golden and slightly crisp, then take the pan off the heat and let the tofu cool a little.
- [ ] **6** Add the cooled tofu to the bowl of vegetables and scatter the mixed seeds over the top.
- [ ] **7** Pour the reserved dressing over everything, toss thoroughly so the salad is evenly coated, and serve right away.

Nutrition Facts

Per serving

Calories	**360**
Total fat	24 g
Saturated fat	3.6 g
Sodium	378 mg
Total carbs	10 g
Fiber	Not listed
Total sugars	6.4 g
Protein	21.6 g

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