

KALE & TOFU SALAD WITH PEANUT BUTTER DRESSING



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
195 kcal
11g Fats
15g Carbs
13g Protein



WHAT YOU NEED

For the salad:

- 14 oz. (400g) natural tofu
- 3 cups (90g) kale, chopped
- 1 cup (100g) purple cabbage, shredded
- 1 red bell pepper, chopped
- 2/3 cup (30g) carrot, grated
- 1 tbsp. coconut oil

For the dressing:

- 3 tbsp. peanut butter
- 2 tbsp. coconut milk
- 1 tbsp. rice vinegar
- 1 tbsp. honey
- 1 tbsp. soy sauce
- 1/2 lime, juiced
- 1/2 tsp. chili flakes
- 1-2 tbsp. water

WHAT YOU NEED TO DO

Wrap the tofu in a kitchen cloth and place something heavy on top of it - this will cause the moisture in the tofu to release.

In the meantime, prepare your vegetables. Toss the chopped kale, grated carrot and shredded cabbage in a salad bowl.

In a small bowl, mix all the dressing ingredients.

Heat the coconut oil in a pan. Cut the tofu into strips and season with salt and pepper — fry on medium-high heat for about 5 minutes each side, or until golden brown.

Divide the salad between bowls, top with tofu, drizzle with the salad dressing and season with black pepper to serve.

Tip: *If you prefer a meat version of this salad, then it will go perfectly with a grilled chicken breast instead of the tofu.*

