

Kale & Tofu Salad With Peanut Butter Dressing

Ingredients

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

Procedure

1. 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.
2. In the meantime, prepare your vegetables. Toss the chopped kale, grated carrot and shredded cabbage in a salad bowl.
3. In a small bowl, mix all the dressing ingredients.
4. 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.
5. Divide the salad between bowls, top with tofu, drizzle with the salad dressing and season with black pepper to serve.

Serves 4

Preparation/Cook Time and Macros Breakdown

Prep	Cook	Calories	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	195	11	15	13