

Mango Tofu Salad

Serves 4 ppl : Prep = 15 minutes : Cook = 8minutes

The Ingredients

- 50g wombok
- 150g red cabbage
- 100g beansprouts
- 20g chopped peanuts
- 1 handful coriander
- 1 handful mint
- 1 red chilli
- 25g dried coconut
- 2 spring onions
- 2 mangoes
- 500g tofu
- Olive oil for cooking
- 1 heaped tbsp smooth peanut butter
- 1 tsp lime juice
- 1 tsp soy sauce
- 3 tbsp olive oil
- 1 tsp rice vinegar
- 50ml water

The Method

- To prepare the dressing, blend all the ingredients together (except water). Then Gradually add water to thin it out
- To prepare the salad begin by slicing all the vegetables thinly, peel and slice the mango thinly as well.
- In a dry pan, Toast the coconut for approx. 2mins
- To prepare the tofu, Cut it into 2cm cubes and skewer them, Drizzle with oil and cook for 8mins on the BBQ/grill, turning every 2mins until charred
- Once tofu is cooked, Add all salad ingredients and coconut together and toss to combine, ready to serve.

Serving

Place tossed salad in bowl, top with tofu skewers and pour on peanut dressing.

Tips n Tricks

- Don't toss the salad until the tofu has been cooked as it'll wilt quickly
- You can add any spices or seasoning you want to spice up your tofu
- Try use mangoes that are a little firmer for this recipe
- Coconut will burn v quickly when toasting so keep an eye on it
- This dish is also great with prawns or chicken in place of the tofu.

