



KALE & TOFU SALAD WITH PEANUT BUTTER DRESSING

Serves 4

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
- $\frac{2}{3}$ 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
- $\frac{1}{2}$ lime, juiced
- $\frac{1}{2}$ tsp. chili flakes
- 1-2 tbsp. water

Directions:

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.

