

CLEAN & TASTY

TOFU SALAD WITH BURMESE SAUCE

<i>Serving</i>	<i>Time</i>	<i>Level</i>
2	20 mins	easy

INGREDIENTS

TOFU

- 1 block tofu, drained and dried and sliced across 10 times (about ¼ inch) and then halved
- 1 T each water and amino acids
- 1 Napa cabbage, chopped
- 3 spring onions finely
- 2 carrots, shredded

SAUCE

- 2 inches fresh ginger
- 4 cloves garlic
- 2 T amino acids
- 4 T water
- 2 T apple cider vinegar
- 2 T maple syrup
- ½ tsp chilli flakes
- Topping
- 4 T almond, chopped

DIRECTIONS

- Lightly coat tofu pieces in amino acids and place on air fryer rack and cook at 370 degrees x 10-12 minutes (lightly browned). Remove.
- In a bowl, toss in tofu with cabbage, carrots, and scallions.
- In blender, add garlic, ginger, amino acids, water, apple cider vinegar, maple syrup.
- Put in high-speed blender and blend well. Add chili flakes.
- Mix into salad well
- Top with chopped almonds

PS

Tofu is a great protein source. Always purchase nonGMO source since much of the tofu is genetically modified. It can take on the taste of any flavor from savory to sweet foods. If you have not tried it or not tried it right,, now is a great time!

