



**VEGETARIAN
EXPRESS**



Herb Quinoa & Sriracha Tofu Salad

Ingredients

- 50g quinoa - white
- 50g quinoa - red
- 80g caster sugar
- 40g pecan halves
- 200g white wine vinegar
- 8g roasted black sesame seeds
- 8g sesame seeds
- 120g sriracha chilli sauce
- 280g extra firm plain tofu
- 80g plant-based mayonnaise
- 60g red radishes
- 60g carrots
- 100g butternut squash
- 40g kale
- 60g shelled edamame beans
- 24g pomegranate seeds
- 2tbsp lemon juice
- 10g thyme
- 20g parsley
- 20g garlic

Sriracha chilli sauce may contain traces of Peanuts

Method | SERVES 4

- To make the pickle liquor add sugar, 200ml water and white wine vinegar into a small pan and simmer for around 5 minutes.
- Wash and peel the carrots into ribbons, wash and slice red radish. Pour pickle liquor over the carrot and radish and leave for a few hours (overnight is best).
- Cook red and white quinoa separately in water then drain and allow to cool down before mixing together with chopped parsley, lemon zest and juice - taste for seasoning, add if needed.
- Mix together plant-based mayonnaise and 40g Sriracha, taste and add some lemon juice. Place into a bottle or piping bag.
- Wash kale, remove stem and tear into small pieces. Blanch and allow to cool down in ice cold water.
- Press out as much excess water from tofu as possible and pat dry. Cut into cubes and place in a small bowl and mix with 80g Sriracha and some lemon juice.
- Warm up a small pan with no oil and dry fry to get a nice colour then remove from the heat and add seasoning and sesame seeds. The excess heat from the pan will toast the seeds and coat the tofu.
- Dice butternut squash and pan fry with a sprig of thyme and a crushed clove of garlic until coloured. Finish in the oven until soft then allow to cool down.
- Toast pecans in a dry pan.
- Assemble the salad as shown.

Typical Nutritional Values

	per 100g	serving 288g
Energy	674kJ 161kcal	1942kJ 465kcal
Fat	8.9g	25.6g
of which Saturated	1.0g	2.9g
Carbohydrate	13.0g	37.4g
of which Sugars	5.7g	16.4g
Fibre	2.6g	7.5g
Protein	7.3g	21.0g
Salt	0.36g	1.04g

Suitable for: Vegan, Gluten free, Dairy free

Allergens: Tree Nuts, Sesame Seeds, Soya

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using chicken.

CO₂ saving (g)	Land use saving (m²)	Water use saving (L)
140	8	826

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.