

Welsh Gaz's

Maple Sesame Smoked Tofu Salad

Serves 8 samplers

Ingredients

TOFU

- 1 pack *Extra Firm Tofu*
- 2 tbsp *Sesame Oil*
- 3 tbsp *Maple Syrup*
- 3 tbsp *Sesame Seeds*
- 2 tsp *Smoked Paprika*

DRESSING

- 4 tbsp *Soy Sauce*
- 4 tbsp *Tahini*
- 2 *Limes (Juice & Zest)*
- 2 tsp *Dried Chili Flakes*
- 2 tbsp *Coconut Sugar*

SALAD

- ½ *Red Cabbage (finely shredded)*
- 4 big handfuls *Baby Lettuce or Spinach*
- Garnish Herbs: Fresh *Basil & Cilantro*
- 4 *Carrots (ribboned)*
- 4 *Spring Onions (sliced fine on an angle)*

Instructions

TOFU

1. Preheat oven to 400°F
2. Cube the **Tofu** to a mixing bowl.
3. Stir in the **Sesame Oil, Maple Syrup, Smoked Paprika and Sesame Seeds.**
4. When all the **Tofu** is coated, transfer to a non-stick baking tray, then place into the oven for 8 minutes or until is golden.
5. Keep the bowl from **Tofu**, no need to wash for the next part! :)

DRESSING

1. In the same bowl from the **Tofu** - add the dressing ingredients: **Soy Sauce, Tahini, Lime Juice & Zest, Dried Chili Flakes and Coconut Sugar.**
2. Whisk ingredients together.

SALAD

1. Shred the **Red Cabbage** into the dressing bowl and mix well. Set aside for a few minutes for the dressing to marinade the cabbage.
2. Chop up **Lettuce Greens/ Spinach (optional) and Prepare Fresh Herbs**

SERVING

1. Plate the salad with first the ***Red Cabbage, the Carrot Ribbons***, followed by the ***Tofu, Herbs & Spring Onions***
2. Pour over any leftover ***Dressing***

SERVE & ENJOY! 😊

Recipe made by [Gaz Oakly](#) and adapted for *Feel Better Eating* with love by *Feel Better Living*

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