



# UCOOK

## Green Goddess Tofu Salad

with tart green apple & crunchy walnuts

Sweet dreams are made of greens! Crumbed tofu tossed with peas, salad leaves, and chickpeas are coated in our famous Green Goddess dressing: yoghurt, avo, and raspberry vinegar. Walnuts and fresh apples finish off this fresh dish with a divine crunch!

---

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person


---

**Chef:** Ella Nasser

---

 Veggie

---

 Cathedral Cellar Wines | Cathedral Cellar-  
Chardonnay 2022

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

120g	Chickpeas <i>drain &amp; rinse</i>
10g	Walnuts <i>roughly chop</i>
1	Avocado
30ml	Coconut Yoghurt
5ml	Raspberry Vinegar
40ml	Panko Breadcrumbs
30ml	Seasoned Flour <i>(10ml Greek Seasoning &amp; 20ml Cornflour)</i>
110g	Non-GMO Tofu <i>drain &amp; slice into 1cm thick slabs</i>
50g	Peas
1	Apple <i>rinse</i>
40g	Salad Leaves <i>rinse &amp; shred</i>
3g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Milk (optional)  
Blender  
Paper Towel

**1. CRISPY CHICKPEAS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

**2. TOASTY** Return the pan to medium heat with the chopped walnuts. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. GO GO GREEN GODDESS** Halve the avocado and scoop out the flesh. Place the flesh in a blender. Add the yoghurt and pulse until smooth. Gradually loosen with milk (optional) or water in 30ml increments until drizzling consistency. Add ½ the vinegar (to taste) and season. Set aside.

**4. CRISPY CRUMBED TOFU** Place the breadcrumbs in a shallow dish and season lightly. In a second shallow dish, combine the seasoned flour and 20ml of water. Dip each tofu slice into the flour mixture and then coat in the breadcrumbs. Return the pan to medium-high heat with enough oil to coat the base. When hot, fry the crumbed tofu until golden brown, 1-2 minutes per side. Drain on paper towel.

**5. LET'S ASSEMBLE!** Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and place in a salad bowl. Cut ½ the rinsed apple into bite-sized cubes and set aside the remainder for another meal. Place in the salad bowl with the peas. Add the remaining vinegar, the salad leaves, ½ the crispy chickpeas, and ½ the green goddess dressing. Toss to combine.

**6. FEAST LIKE A GODDESS** Bowl up a portion of crunchy salad. Top with the crispy tofu and drizzle over the remaining green goddess dressing. Garnish with the remaining chickpeas, the chopped parsley, and the toasted walnuts. Gorgeous!

## Nutritional Information

Per 100g

Energy	514kJ
Energy	123kcal
Protein	4.4g
Carbs	13g
of which sugars	3.7g
Fibre	4g
Fat	5.5g
of which saturated	0.8g
Sodium	328mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Cook  
within 3  
Days