



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: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Ella Nasser

 Veggie

 Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay 2022

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Ingredients & Prep

360g	Chickpeas <i>drain & rinse</i>
30g	Walnuts <i>roughly chop</i>
2	Avocados
90ml	Coconut Yoghurt
15ml	Raspberry Vinegar
125ml	Panko Breadcrumbs
90ml	Seasoned Flour <i>(30ml Greek Seasoning & 60ml Cornflour)</i>
330g	Non-GMO Tofu <i>drain & slice into 1cm thick slabs</i>
150g	Peas
2	Apples <i>rinse</i>
120g	Salad Leaves <i>rinse & shred</i>
8g	Fresh Parsley <i>rinse, pick & 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 avocados 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 60ml 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. You may need to do this step in batches.

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 1½ of the rinsed apples 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