



UCOOK

Trendy Tik Tok Salad

with corn nachos, roasted tofu & nutritional yeast

Who can resist a viral Tik Tok recipe? This one will definitely knock your socks off! The salad ingredients are crunchy green cabbage, fresh chives, spring onions, and cucumber, all drenched in a nutty green goddess pesto dressing! Roasted tofu gets comfy on this bed of greens. All you have to do is blend, mix, dip and dig in!

Hands-On Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

1	Lemon <i>½ cut into wedges</i>
10ml	Rice Wine Vinegar
4g	Fresh Basil <i>rinsed & picked</i>
40g	Green Leaves <i>rinsed & roughly shredded</i>
10g	Walnuts
15ml	Nutritional Yeast
4g	Fresh Chives <i>rinsed & finely chopped</i>
1	Garlic Clove <i>peeled & grated</i>
110g	Non-GMO Tofu <i>drained, pat dry, & cut into 1cm cubes</i>
100g	Cabbage <i>sliced into bite-sized chunks</i>
50g	Cucumber <i>finely diced</i>
80g	Heirloom Corn Nachos

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender

1. ALL DRESSED UP Preheat the oven to the highest temperature or the grill setting. In a blender, add the juice of 1 lemon wedge, a drizzle of olive oil, the rice wine vinegar, $\frac{3}{4}$ of the picked basil, $\frac{1}{2}$ the shredded green leaves, $\frac{3}{4}$ of the walnuts, the nutritional yeast, $\frac{1}{2}$ the chopped chives, and the grated garlic. Pulse until smooth. Season to taste.

2. TOFU-RRIFIC! Place the tofu cubes on a roasting tray. Coat in oil and seasoning. Pop in the hot oven and grill for 8-10 minutes until the tofu is starting to brown, shifting halfway.

3. MIX MIX MIX In a bowl, combine the cabbage chunks, diced cucumber, and the remaining chopped chives and green leaves. Pour in the blended green dressing (to taste) and toss until the salad is fully coated in the dressing.

4. DINNER IS SERVED! Serve a hearty portion of the green salad. Top with the roasted tofu cubes. Side with a lemon wedge and the corn nachos for scooping. Garnish with the remaining basil and walnuts. Well done, Chef!



Chef's Tip

If you prefer crispier nacho chips, add to the roasting tray with the tofu cubes.

Nutritional Information

Per 100g

Energy	584kJ
Energy	139Kcal
Protein	5.4g
Carbs	15g
of which sugars	2.2g
Fibre	2.8g
Fat	6.3g
of which saturated	0.6g
Sodium	144mg

Allergens

Allium, Sulphites, Tree Nuts, Soy

Cook
within
4 Days