

A top-down view of a white bowl filled with a vibrant salad. The salad consists of dark green kale leaves, bright yellow tofu strips, sliced red bell peppers, and purple cabbage. A thick, orange peanut butter dressing is drizzled over the ingredients. Two fresh lime slices are placed on top. The bowl sits on a light-colored wooden surface. To the left is a silver fork and a folded white napkin. To the right is a slice of rustic, golden-brown bread and a whole red chili pepper. In the bottom right corner, there is a small pile of fresh kale leaves.

**KALE & TOFU SALAD WITH
PEANUT BUTTER DRESSING**

KALE & TOFU SALAD WITH PEANUT BUTTER DRESSING



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
119 kcal
6g Fats
13g Carbs
5g Protein



WHAT YOU NEED

For the salad:

- 14 oz. (400g) natural tofu
- 3 cups (90g) kale, chopped
- 1 cup (100g) purple cabbage, shredded
- 1 red bell pepper, chopped
- 2/3 cup (30g) carrot, grated
- 1 tbsp. coconut oil

For the dressing:

- 3 tbsp. peanut butter
- 2 tbsp. coconut milk
- 1 tbsp. rice vinegar
- 1 tbsp. honey
- 1 tbsp. soy sauce
- 1/2 lime, juiced
- 1/2 tsp. chilli flakes
- 1-2 tbsp. water

WHAT YOU NEED TO DO

Wrap the tofu in a kitchen cloth and place something heavy on top of it - this will cause the moisture in the tofu to release.

In the meantime, prepare your vegetables. Chop the kale and pepper, grate the carrot and shred the cabbage. Toss everything in a salad bowl.

In a small bowl, mix all the dressing ingredients.

Heat the coconut in a pan. Cut the tofu into strips and season with salt and pepper — fry on medium-high heat for about 5 minutes each side, or until golden brown.

Divide the salad between bowls, top with tofu, drizzle with the salad dressing and season with black pepper to serve.

Tip: If you prefer a meat version of this salad then it will go perfectly with a grilled chicken breast instead of the tofu.