

Fruity Mango Cucumber and Carrot Salad with Tofu

Total time **25 mins** 10 mins preparation time 15 mins cooking time

INGREDIENTS

4 portion(s)

250 g	smoked tofu
7 tsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
2	mini cucumbers
2	carrots
1	kohlrabi
2	spring onions
1	mango
1	passion fruit
1.5 tsp	light balsamic vinegar
3 tbsp	of olive oil
1.5 tsp	agave syrup
1.5 tsp	sweet mustard (vegan)
	Freshly ground pepper
1	punnet of cress
1 tsp	sesame oil
50 g	roasted peanuts

PREPARATION

Step 1

Cut the tofu into cubes and mix with 2 tbsp of Ponzu. Cut the kohlrabi into large slices and the carrots and cucumbers into thin slices. Cut the spring onions diagonally into fine rings. Peel the mango, cut the flesh into cubes or strips.

Step 2

Halve the passion fruit for the dressing, remove the seeds and mix with the remaining Ponzu, vinegar, olive oil, agave syrup and mustard and season with pepper. Snip the cress with scissors.

Step 3

Arrange cucumbers, carrots, kohlrabi, mango and spring onions on plates and drizzle with the dressing. Briefly fry the tofu in a non-stick pan in the heated sesame oil and arrange on the salad. Sprinkle the salad with cress and peanuts and serve.