



CRUNCHY TOFU CHOP (FROM SPROUTED KITCHEN)

SUBMITTED BY: LAUREN

Ingredients:

Serves 4

1 14 oz. pack extra firm tofu

1 heaping Tbsp. coconut oil

1 Tbsp. sesame oil

sea salt and pepper, to taste

2 large carrots, grated

3/4 cup cooked and cooled brown rice (or quinoa)

1 small hothouse cucumber, seeded and diced

1 bell pepper, seeded and diced

3 green onions, thinly sliced

1 small bunch cilantro

2 Tbsp. toasted sesame seeds

1/2 cup toasted cashews, roughly chopped

// dressing //

1 minced garlic clove

1 Tbsp. agave nectar

2 tsp. sriracha

1 tsp. tamari

juice of one lime

2 Tbsp. rice vinegar

3 Tbsp. extra virgin olive oil

Instructions:

Drain the tofu and pat dry with a paper towel. Cut it into small cubes.

Preheat a large cast iron skillet over medium heat. Warm the coconut and sesame oil and once they are hot, add the tofu. Season generously with salt and pepper. Saute for 5-8 minutes until the outsides are just browned. The longer you cook it, the drier/crunchier the tofu cubes get so time it to taste. Set aside to cool.

In a large mixing bowl, combine the carrots, cooked rice, cucumber, bell pepper and onions. Very roughly chop the cilantro and add it to the mixture.

In another bowl, whisk all the dressing ingredients together and toss desired amount with the salad to mix. Season to taste. Add the sesames and cashews. The salad may be

kept dressed in the fridge for 2-3 days, slowly losing some of it's crunch but still enjoyable.