

THAI TOFU SALAD



USED BRESC PRODUCTS



Bresc Green & red chilli
WOK 450g



Bresc Lemongrass puree
450g

INGREDIENTS

4

- 1 packet Chinese broccoli
- 1 tin baby corn cobs
- 1 red onion
- 1 cucumber
- 100 g bean sprouts
- 1 pointed pepper
- 200 g tofu
- 40 g soy sauce
- 1 lime, grated peel and juice
- 20 g Bresc WOKchilli
- 5 g coriander, chopped
- 5 g Thai basil, chopped
- 5 g sesame oil
- 5 g Bresc Lemongrass puree
- cashew nuts
- oil for frying

PREPARATION METHOD

For the dressing, mix the lemongrass, sesame oil, lime, soy sauce and chilli. Chop the onion into rings, the pointed pepper and cucumber (after removing the seeds) into strips and the corn cobs lengthways into four. Blanch the broccoli extremely briefly, then rinse it in cold water. Slice the tofu and put it to one side under pressure. Fry the slices well in some hot oil. Mix the vegetables with some of the dressing and make a salad with them. Assemble the salad with the tofu and pour the remainder of the dressing over it; garnish with the chopped coriander, onions and cashew nuts.