

Vegan Keto Tofu Salad with Sesame Dressing

- 80 g mixed salad leaves
- 1 medium-sized green bell pepper
- 170 g plain tofu
- 1 tbsp + 2 tsp soy sauce
- 1 tbsp extra virgin olive oil
- 1 ½ tsp freshly grated ginger
- 1 tbsp toasted sesame oil
- 2 tsp sesame seeds
- black pepper

- 1** To prepare the marinated tofu, mix the tofu (chopped into small cubes) with 1 tablespoon of soy sauce and 1 tablespoon of olive oil. Place the tofu in the fridge and wait at least 20 minutes (or up to 4 hours) before cooking it. If you are in a hurry, you can skip this step and simply mix the tofu with the other ingredients and cook it right away.
- 2** Cook the tofu in a preheated non-stick pan or in the oven at 180°C until it turns golden on the outside and it has a firm and nearly crispy consistency. Allow the tofu to cool down before adding it into the salad.
- 3** Prepare the salad with the mixed leaves and the finely chopped pepper.

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In a small bowl, mix the freshly grated ginger, 2 teaspoons of soy sauce, 1 tablespoon of toasted sesame oil and 2 teaspoons of sesame seeds.

- 5 Combine all the ingredients together and serve with a pinch of black pepper. Add the dressing just before serving. Use some extra sesame oil if necessary.