



Tofu Steak with Mango Salsa

INGREDIENTS

50 grams couscous or brown rice
5 g zucchini
5 grams tomatoes
1 gram fresh mint
5 gram nuts and raisins
40 gms boiling water or vegetable stock

TOFU STEAK

80 gms tofu
1 tsp turmeric powder, salt and pepper
Rub tofu with turmeric then fry until all sides are crispy.

MANGO SALSA

20 gms diced mango
10 gms grilled bell pepper
1 gram fresh cilantro
10 gm olive oil
Dash of rice vinegar
Pinch of brown sugar or honey, paprika, salt and pepper

PREPARATION

Saute vegetables and removed from fire when cooked. Put rice and and boiling water Cover then fluff when cook. Add the rest of the ingredients.(zucchini, mint, raisins and nuts).

Place tofu steak on a ½ cup mound of couscous or brown rice. Top with Mango Salsa.