Indian Salad with Roasted Tofu and Sesame Seeds





2 people | 5 min preparation time | 30 min cooking time

All ingredients

1 jar of 300g la belle-iloise Vegetable & Seaweed Curry
200g plain tofu
100g red cabbage
100g white cabbage
100g fresh spinach leaves
1 carrot
1 clove garlic
Sesame seeds
Miso
1 tablespoon olive oil
1 cup water
Pinch of salt

Steps

1- In a bowl, mix the miso paste, olive oil, garlic and salt
2- Dip the tofu pieces in the marinade
3- Place the tofu pieces on a baking tray lined with baking paper and pour the remaining marinade over the top. Sprinkle generously with sesame seeds
4- Roast for 30 minutes at 200°C until the tofu is golden brown
5- While the tofu cooks, boil the spinach leaves in salted water for about 5 minutes. Then place them in iced water to keep their nice green colour
6- Arrange the poke bowls with the warmed Vegetable & Seaweed Curry on one side and the red cabbage, white cabbage, spinach leaves and grated carrot on the other (a drizzle of olive oil can be added to this part of the bowl)

7- Place the tofu pieces on top