

Chopped Israeli-style salad with Whipped Tofu, Avocado, Miso & Herb Dip

Ingredients

- 1 Cucumber, deseeded & diced
- 1 Red pepper
- 300g Cherry tomatoes, halved
- 1 Fennel bulb, cored & diced
- 200 Radishes, quartered
- 1 Red onion, very finely chopped
- 2-3 tbsp Mixed chopped herbs (parsley, basil, dill, coriander, mint...)
- 1 Lemon or lime, zest & juice of
- 3tbsp Olive oil

Whipped Avocado-Tofu Dip

- 300g Silken tofu
- 1 Avocado, ripe
- 1tbsp Miso
- 30g Basil leaves
- 30g Coriander leaves
- 30g Parsley leaves
- 1 Garlic clove, small
- 1 Lime, zest and juice of

Serves 4

Method:

Salad: Place the diced red onion in a small bowl and toss with lemon or lime juice. Leave for 10-20 minutes until softened and slightly pickled. Put all the other vegetables into a salad bowl and toss to combine. Drain the onion and add to the other vegetables in the bowl.

Dressing: Whisk the lemon/lime zest & juice with the olive oil; season to taste with salt & pepper.

Salad: Cut the romaine lettuce into 1.5cm strips, rinse and dry. Finely slice the spring onions and toss them in a bowl with the lettuce strips, mint leaves and sprigs of coriander.

Dressing: Mix all the dressing ingredients together in a small bowl. Just before serving, add the dressing and herbs to the vegetables in the bowl and toss well to combine.

Tofu Dip: Put all the ingredients in a food processor/smoothie maker/blender and blend until smooth, scraping down the sides as necessary. Season to taste with salt, pepper and additional lemon or lime juice.

To Serve: Spread the tofu-avocado dip on the base of a serving plate, and top with the salad vegetables.