

Thai lettuce salad with fried tofu and a chilli and lime dressing

Ingredients

280g Firm Tofu
Oil, for frying (rapeseed, oliv)

Marinade:

1cm Root ginger
1 Garlic clove, crushed
1tbsp Tamari soy sauce
1tbsp Chinese rice wine (or dry sherry or sake)
1.5 tsp Rice vinegar
1tsp Sweet chilli sauce

Salad:

1 Romaine lettuce heart
4 Spring onions
Handful Salad vegetables of your choice (optional)
Handful Mint leaves
Handful Coriander leaves

Dressing:

2tbsp Lime juice
2tbsp Tamari soy sauce
1tbsp Lime zest (or finely chopped lime leaf or lemongrass stalk)
½ Red chilli, deseeded & thinly sliced
1-2 tsp Honey or maple syrup

Serves 3-4

Method:

Tofu: Remove the tofu from its pack and drain off the water. Cut the block of tofu width-wise into 4-6 slices. Lay a couple of layers of kitchen paper over a baking sheet and spread the slices of tofu in a single layer on top. Put more paper towels on top of the tofu slices and place another baking sheet on top. Weigh down the baking sheet with cans and leave for at least 30 minutes or overnight in the fridge.

Marinade: Peel and finely grate the ginger and put into a shallow dish. Mix in the remaining ingredients. Add the pieces of tofu, making sure they are well covered and leave to marinate for at least 20 minutes and up to 24 hours.

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.

Cook the Tofu: Heat a little oil in a large, non-stick frying pan, wiping out any excess. Lift the pieces of tofu out of the marinade, add them to the hot oil and cook over a medium heat for 2-3 minutes on each side until a light golden brown. Transfer to kitchen paper to drain briefly.



Just before serving, toss the salad leaves with the dressing, arrange on plates and serve with the tofu on top.