

spring sumi salad with tofu and almonds

1/3 cup tamari  
2 tbsp rice vinegar  
2 tbsp fresh maple syrup  
1 tbsp toasted sesame oil  
1/2 head red cabbage – shredded  
1/2 head white cabbage – shredded  
4 tofu cutlets – stir fried and cut into bite size pieces  
3 scallions - chopped  
1 tsp soy sauce  
1/2 cup sliced almonds – toasted  
2 tbsp sesame seeds – toasted  
2 tbsp canola oil  
1/2 lemon  
salt and pepper to taste

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in a small mixing bowl combine your tamari, rice wine vinegar, maple syrup and 1 tsp of sesame oil. set aside.

in a non-stick skillet, add your canola oil and bring to about 350 degrees. add your tofu cutlets and the 1 tsp soy sauce. stir fry until crispy on the outer edges. set aside to cool and then cut into bite size pieces.

in a large mixing bowl, shred your cabbage into thin bite size strips.

in a small skillet toast your almonds and then your sesame seeds until they perfume the air. toss the seeds, almonds, tofu and scallions into the bowl with the cabbage.

you can now slowly toss in your dressing of the tamari and maple mix.  
be sure to add a little salt and pepper to taste.

squeeze in 1/2 of the lemon and stir together. set in the fridge to cool for approximately 1 hour.  
serve with a chilled glass of sauvignon blanc.

enjoy!

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