



THAI LARB TOFU

Aim: Protein-packed light lunch or dinner with tons of flavour

Ingredients

- 280g Tofu
- 200g Mushrooms
- ½ Lime
- Handful of Coriander
- Handful of Mint
- 1 Small Red Onion
- 1 Small Red Chili (more if you like spice)
- 1 Tbsp Soy Sauce
- Salt & Pepper
- Oil

Directions

READY IN: 20 // SERVINGS: 1

1. Dry the tofu with a towel.
2. Dice the tofu into tiny cubes and fry with a splash of oil in a frying pan. Cook for 8-10 minutes until golden brown.
3. Roughly chop the mushrooms. Add to the pan and fry.
4. Dice the red onion and add into a mixing bowl along with roughly chopped coriander and mint. Chop chili into small bits and add to the bowl.
4. When the mushrooms have shrunk a bit add 1 tbsp of soy sauce, salt and pepper to taste. Cook until mushrooms are done.
4. Add tofu-mushroom mix to mixing bowl along with juice of a ½ lime. Mix together and enjoy!

Variations to consider: for a more traditional meat version of this dish swap the tofu for mince (if you want to keep it veggie use Quorn mince), for added carbohydrates serve with a side of rice or serve inside a lettuce leaves for a little larb taco

CALORIES
508

CARBOHYDRATE
30

PROTEIN
42

FAT
23

Nutrition values for one serving are based on average nutritional values of ingredients, and using homemade stock. Actual values will vary.