

MOURAD'S BAKED CRISPY TOFU & CASHEW SALAD



DIRECTIONS

1. Cube your tofu and toss in olive oil.
2. In a separate bowl, combine whole wheat flour, sesame seeds, and salt and pepper to taste. Toss your tofu in the flour mixture and lay flat on a foil lined baking sheet. Bake in the oven at 425 degrees for 45 minutes.
3. In a bowl, combine your Napa cabbage, shredded carrot, sliced mushrooms, sliced radishes and green onions. Add in tofu and roasted cashews.
4. To make the dressing, combine all ingredients and shake until well combined. Drizzle the dressing on the top of your salad.

Enjoy!

SHOPPING LIST

For the dressing:

- 1 tbsp. ginger, freshly grated
- 2 tbsp. rice vinegar
- 2 tbsp. sesame oil
- 2 tbsp. low sodium soy sauce
- 1 tbsp. honey mustard
- 1 tbsp. honey
- 1 tsp siracha (optional)

For the salad:

- 1 small head of Napa cabbage, finely sliced and washed
- 14 oz. extra firm tofu, cubed
- 1/2 cup whole wheat flour
- 2 tbsp. sesame seeds
- 1 carrot, shredded
- 4-6 white mushrooms, sliced
- 3-4 radishes, finely sliced
- 3-4 green onions, finely sliced
- 4 oz roasted cashews for garnish
- Salt and pepper to taste