

# beauty food.

## PEANUT NUTTER SATAY TOFU BOWLS

*Recipe*



# PEANUT NUTTER SATAY

## *tofu bowls*

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**SERVES 2**

✓ **GLUTEN-FREE** ✓ **DAIRY-FREE**

**1G SUGAR/SERVE**

**PREP ~ 15 MINS COOK ~ 10 MINS**

**A healthy, easy and highly adaptable salad recipe for lunch or dinner! We've used the Beauty Food Peanut Nutter Nut Butter in the satay dressing to add a creamy delicious sauce to all the veggies and tofu.**

### **INGREDIENTS**

#### **TOFU BOWL**

- 300g tofu, chopped in 2cm cubes
- 1 teaspoon ground turmeric
- 1 teaspoon sea salt flakes
- ¼ teaspoon ground black pepper
- 2 tablespoons extra virgin olive oil
- 4 radish bulbs, finely sliced
- 2 cups butter lettuce, roughly torn
- 1 small Lebanese cucumber, finely sliced into half moons
- 1 cup cooked white quinoa
- 2 teaspoons black sesame seeds
- ½ cup coriander, leaves roughly chopped

#### **SATAY DRESSING**

- ½ cup Beauty Food Peanut Nutter Nut Butter
- 2 tablespoons full fat coconut milk
- 2 tablespoons tamari or soy sauce
- 1 tablespoon white wine vinegar
- 1 clove garlic, minced
- ½ lime, juiced
- Pinch chilli flakes
- Pinch sea salt flakes

### **METHOD**

Add all the ingredients for the Satay Dressing into a small bowl and mix well until combined. Set aside.

Add the tofu to a mixing bowl and add in the turmeric, salt and pepper. Toss to coat evenly. Heat the olive oil in a large frying pan over medium-high heat. Once hot, add in the tofu cubes, in batches if needed so all the tofu is touching the bottom of the pan. Cook for 6-8 minutes, tossing regularly until browned and crisp all over.

Divide the cooked white quinoa, tofu, radish, cucumber, lettuce between bowls. Drizzle over the Satay Dressing and sprinkle over the sesame seeds and coriander leaves to serve.