



# CHILI LIME TOFU SATAY SALAD

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 680/SERVING



Creamy peanut butter satay sauce gets paired with roasted kale, protein-packed quinoa, crunchy purple cabbage, crisp carrots and chili lime tofu crumbles. Mixed together, these ingredients create a meal that's full of nutty, spicy, fresh, crispy, and creamy nourishment.

## WHAT YOU'LL NEED

- Small pot
- Large pan
- Baking sheet
- Silicone baking mat (optional)
- Oil
- Salt
- Pepper



### WHAT'S INSIDE

	2 servings	4 servings
Carrot	1	2
Red cabbage	2 cups	4 cups
Tofu	200 g	400 g
Kale	1/4 bunch	1/2 bunch
Lime	1	1
Quinoa	1/2 cup	1 cup
Spice blend	1/2 tbsp	1 tbsp
Satay sauce	2/3 cup	1 1/3 cup

### Nutrition Facts Valeur nutritive

Per Serving (426 g)  
pour 1 (426 g)

Calories 680	% Daily Value*
Fat / Lipides 43 g	% valeur quotidienne*
Saturated / saturés 12 g	60 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 56 g	
Fibre / Fibres 12 g	43 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 33 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 720 mg	31 %
Potassium 1350 mg	29 %
Calcium 900 mg	69 %
Iron / Fer 8 mg	44 %

\*5% or less is a little 15% or more is a lot  
\*5% ou moins c'est peu 15% ou plus c'est beaucoup

## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat your oven to 400°F and prep your ingredients: rinse and drain the **quinoa**, slice the **carrot** into matchsticks, rinse and then crumble the **tofu**, destem and roughly chop the **kale**, and slice the **lime** in half.



Meanwhile, toss the **kale** in 1 tbsp of **oil** and season with **salt** and **pepper**. Spread on a baking sheet lined with a silicone baking mat or lightly greased. Bake for 5-10 minutes until some of the leaves are slightly crispy.



Combine the **quinoa** with 3/4 cup of **water** (1.5 cups for 4 servings) in a small pot and bring to a boil. Lower to a simmer, cover, and cook for 12-15 minutes until water is fully absorbed and quinoa is tender. Leave covered until ready to serve.



Cut the **remaining lime** into wedges. Spread the **satay sauce** on the bottom of your plates and top with the **quinoa**, **cabbage**, **carrots**, **tofu**, and **kale**. Serve with the **lime wedges**.



In a large pan over medium heat, warm 1 tbsp of **oil** (2 tbsp for 4 servings). Once hot, add the **tofu crumbles** and cook for a few minutes, stirring occasionally. Add in the **spice blend** and juice of **half the lime** and stir. Cook for another 5-10 minutes until slightly crispy.