



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

INGREDIENTS

- 100g sliced smoked salmon
- 300g silken tofu
- 1 ripe avocado (large)
- Spring onions or coriander
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DRESSING

- 1 tsp garlic, crushed
- 1 tsp ginger, crushed/grated
- 2 tbsp soy sauce (gf)
- 1 tsp sesame oil
- 1 tsp stevia
- Juice of half a lime
- 2 tsp water
- 1/4 tsp black pepper

METHOD

- Slice the tofu into thin slices (0.5cm)
- Halve the avocado, remove seed and skin and slice (0.5cm slices)
- Break salmon into equal numbers as tofu slices.
- On a serving plate, arrange slices of tofu, avocado and salmon alternately.
- In a jug, combine dressing ingredients and mix well.
- Pour dressing over tofu dish.
- Sprinkle with spring onions or coriander.

NOTE: Dressing can be made the day before and stored in the fridge.

TOFU, SALMON AND AVOCADO SALAD



Prep time: 15 mins

Cook time: Nil

Serves: 2