



Curried Tofu Salad

Serves 4

7 oz. (200g) tofu, drained, crumbled

2 celery sticks, chopped

1 small onion, diced

¼ cup (30g) almonds, chopped

¼ cup (30g) raisins

3 tbsp. vegan mayonnaise

1 tsp. curry powder

1 tbsp. dill, chopped

What you need to do

1. Crumble the tofu into a bowl. Add in the rest of the ingredients, season with salt & pepper, and stir well to combine.
2. Store in the fridge for up to 4-5 days.



GF DF LC MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	178	13	11	6

*Nutrition per serving